JOINING FORCES, 18 | EDUCATION, 31 | HEALTHY LIVING, 41

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VOLUME 3, EDITION 5

Making music

Acclaimed cellist teaches her craft

See story on page 24

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QUOTE OF NOTE:

"I thought this real estate thing might be a good thing to do." - *Margaret Wilcox*

See story page 14

ON THE COVER

Yun-Yang Lin is a professional cellist and successful teacher whose students have performed at Carnegie Hall.

Photo by Brian Ambrose
See story page 24

Clarification

The second photo in January's Slice of LIFE shows artists Jane Zisk, Veronica Lufbery, Susan Bosworth, Dawn Tyler and Diane Stone talking during a recent art exhibit.

4 Little Red
6 A lifetime of teaching
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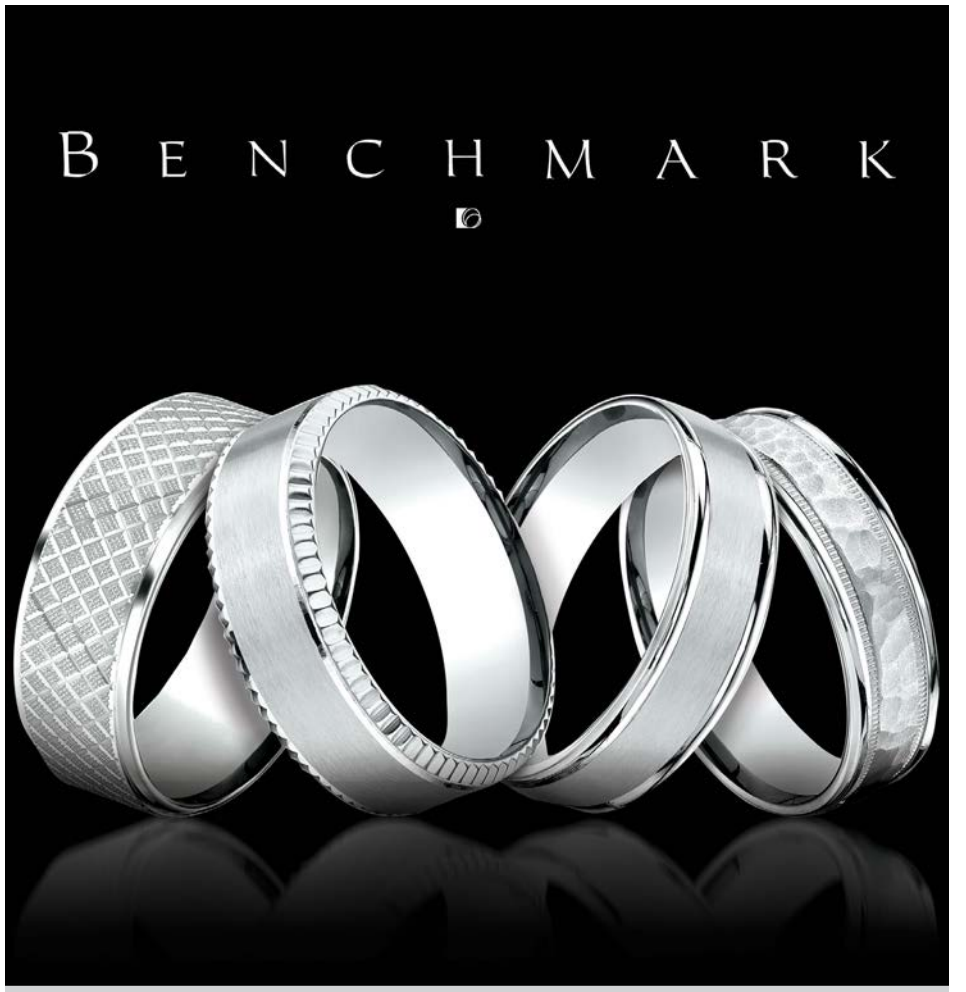

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"Little Red" is a community gem

All-volunteer library hasn't changed much in 56 years

by Nancy Thompson
Editor

Many libraries boast about their automated check-out system, their computerized book catalog and their other high-tech innovations.

The folks who staff and love the Eastbury Public Library, affectionately known as Little Red, love the place as it has always been. Books are stamped with a due date by hand, the catalog system consists of index cards in drawers in an oak cabinet, and there's not a computer anywhere in the building. Website or email? Forget it.

The history of the little red structure – hence its nickname – dates back to 1889, when it was built as a one-room schoolhouse, at that time white, not red, for the town's 17th school district. It had outhouses, a wood stove, and separate entrances for girls and boys and cost about $1,500.

In 1890 a second classroom was added. Two coal stoves were added in 1916.

In 1925 it became known as the Neipsic School. The name was derived from the Algonquin words "nip", meaning "water", and "sic", meaning "place of" because local Indians believed that the waters of Neipsic Pond had healing properties. The pond was drained many years ago, and its precise location is unknown.

In the 1930s, the heating system was upgraded, a cellar was dug, a playground was added, a single entrance was built to replace the gender-specific entrances, and the outhouses were replaced by two indoor toilets.

Students from the area attended the school until 1949, when the current Eastbury School was built next door.

At that time, with Baby Boomers entering elementary school and buildings filled to overflowing, the old school housed some of the students from Eastbury until 1954. Later, local vocational-agricultural students studied there until 1959.

When the vo-ag students left, a group of Eastbury School parents pitched the idea of using the building as a library. The East Glastonbury Public Library Association was incorporated as a free public library, and the building opened as a library in the fall of the following year.

The new library also served as the library for the school until a library was added there in 1963.

In 1967, the school board turned the building over to the town, which rents it to the library association for $1 a year.

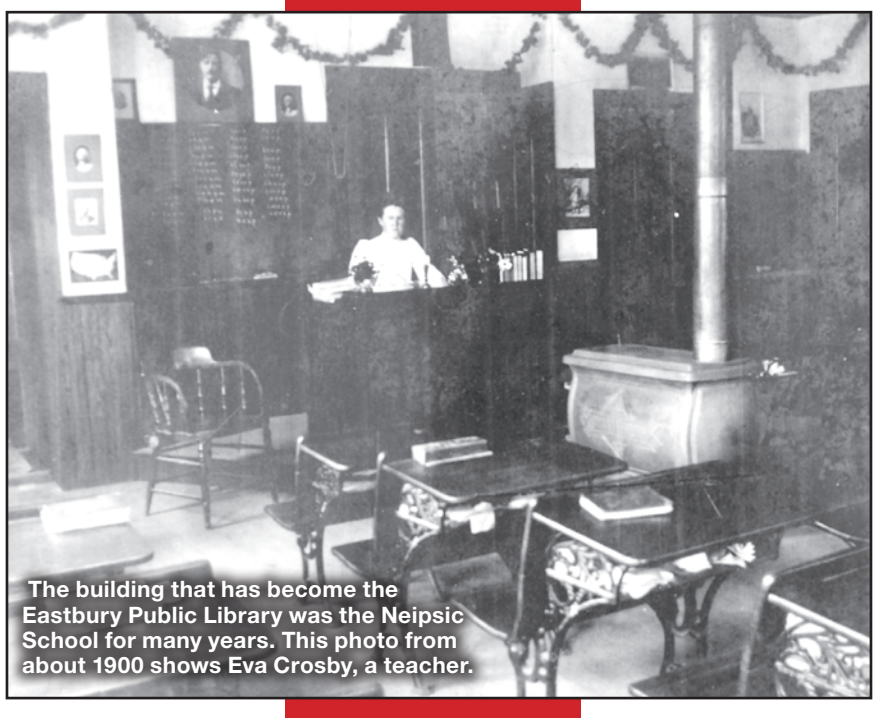
Several improvements have been made to the library, which has become a community center for East Glastonbury residents.

A new roof was installed in 1969, followed by new a heating system in 1981, interior painting in 1983, a handicap ramp in 1985, a flag pole and new flag in 1986, and new windows in 1989. In 2002 the building was listed on the State Register of Historic Places by the Connecticut Historical Society. **GL**

The East Glastonbury Public Library, 1389 Neipsic Rd., is open Monday from 1 to 4 p.m. and 7 to 9 p.m., Tuesday from 9 a.m. to 4 p.m. and Thursday from 9 a.m. to 4 p.m. and 7 to 9 p.m. The phone is 860-633-5637.

The Eastbury Public Library, known as Little Red, has been serving the town since 1960.

Nancy Thompson photo



The building that has become the Eastbury Public Library was the Neipsic School for many years. This photo from about 1900 shows Eva Crosby, a teacher.

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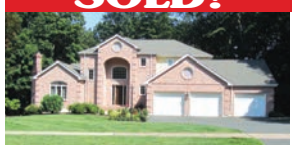
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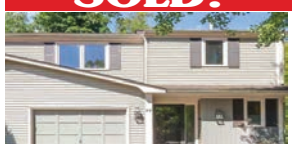
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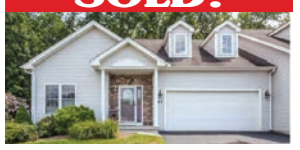
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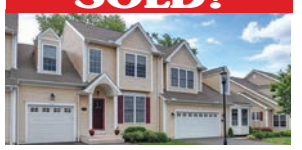
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SOLD!
Newington $404,904

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SOLD!
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Glastonbury $395,000

SOLD!
South Glastonbury $429,900

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Glastonbury $468,000

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Glastonbury $340,000

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Glastonbury $524,900

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Always an educator

Donna Schilke retires after 27 years here

by Nancy Thompson
Editor

Some people find their true career path late in life. Not Donna Schilke, who knew as a very young child that she wanted to be a teacher. "When I played with kids I was always the teacher," she said, adding that her kindergarten teacher described her on a report card as "the person who makes sure the kids are buttoned up and the coats are zipped."

Schilke attended Wethersfield High School, where she was the first girl to be chosen as president of the student council. She earned a degree in English from Regis College in Weston, Mass. and started her career at Berlin High School as the teacher of an alternative program for boys who weren't going to graduate. That experience, as well as working at summer camps here and in Wethersfield for children with special needs, led her in 1977 to Saint Joseph College, where she earned a degree in special education.

She returned to Wethersfield in 1979 as the teacher in the high school's in-school suspension program, one of the first in the state. It was an important time in her professional life.

"That whole piece of me developed there," she said.

In 1984 Schilke took a few years off to be home with her young sons, Adam and Daniel, and in 1989 she came to Glastonbury as a part-time special education teacher at Gideon Welles School. "I've been here ever since," she said with a smile.

She became the district's head special education teacher and moved to Smith Middle School when it opened in 2001. When the assistant principal left a short time later, she took his spot. She liked the job and returned to school to earn a certificate as an administrator.

She was the town's director of special education in 2005, but when the principal's job at Smith opened up, she knew she wanted to go back.

"I missed the kids, the activity level, the energy of the building," she said. "It's still fresh and wonderful to me. This job and the people and the kids fill my soul."

She said she has always enjoyed seeing a struggling student succeed. "It doesn't have to be academically," she said. "There's nothing better than that in the world. That's the crux of what we do. It's not about the As and the Bs. It's about the lessons they learned."

The job hasn't always been easy.

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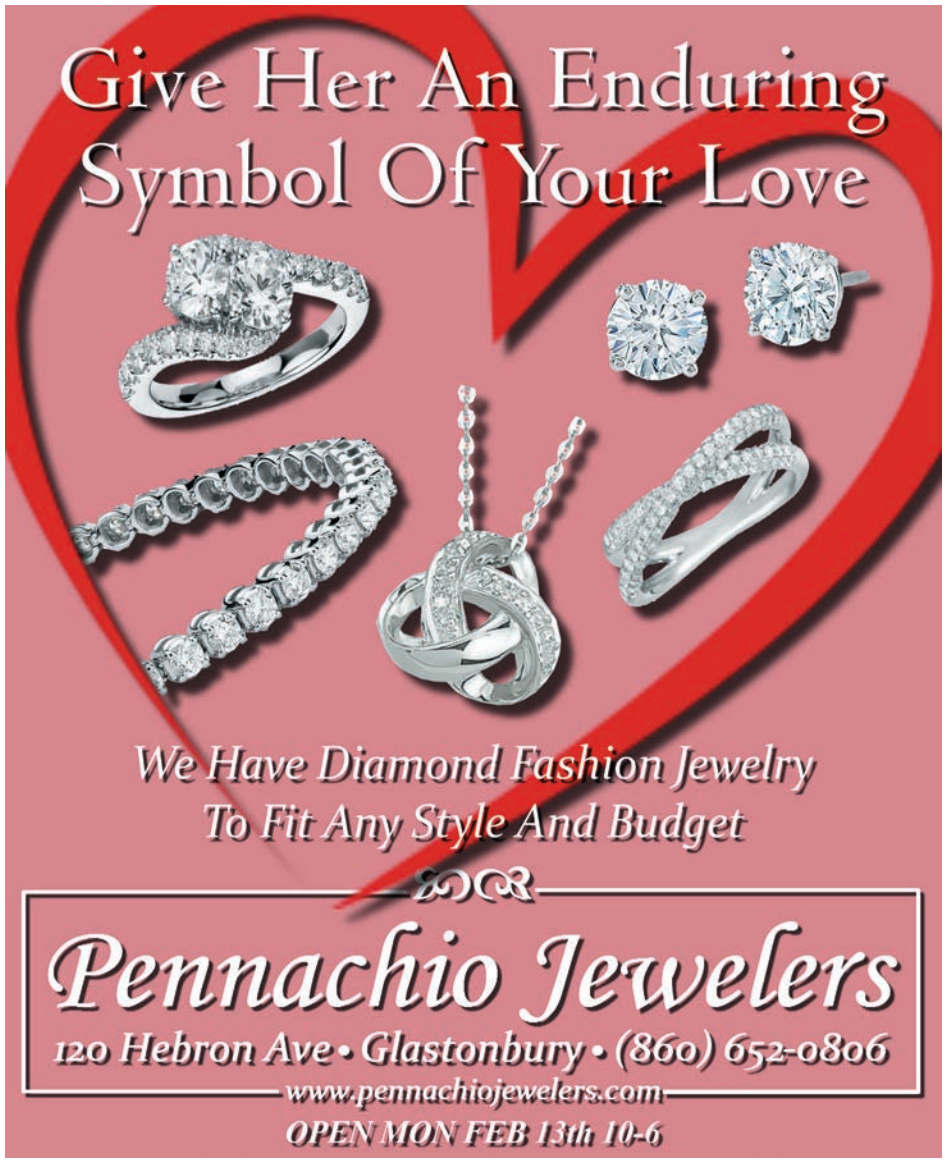
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When Kenneth Joyce, an eighth-grader at Smith, was killed in a skiing accident in Colorado in 2008, Schilke organized a community-wide memorial service in the school's auditorium and, along with many others, found comfort there. "We pulled together as a community," she said. "I saw the strength of the school community."

School Superintendent Alan Bookman said Schilke is known to many as "the heart and soul of Smith."

He praised her for her leadership skills and her ability to run the school.

"Donna is a leader in every sense of the word. Everybody in the Smith community knows and respects that – teachers, parents, students, and the community at large."

He compared running a large school to running a business, and said "Donna knows how to take care of business."

Board of education Chairman Susan Karp had this to say: "Donna has touched the lives of hundreds of students, parents, teachers and staff during her tenure... She has welcomed every challenge with determination, encouraged teamwork, always praised her staff and celebrated many successes. Most importantly, Donna has always put our students first, happy to do everything possible to provide the best learning environment, quality instruction and kind, caring, inclusive leadership."

Schilke officially retired last summer but was able to continue at Smith for part of the year under the terms of her contract. She started a new job with the Connecticut Association of Schools early in January.

"It was time to try something else in my life," she said. "I wanted to leave when I loved it."

In her new job as the association's assistant executive director and clinical supervisor, she will be involved in middle school education and also will work with students studying at UCONN to be administrators.

"It's going to be different. But I'll still have students." **GL**

Donna Schilke has retired as principal of Smith Middle School. She worked in the local school system for 27 years.

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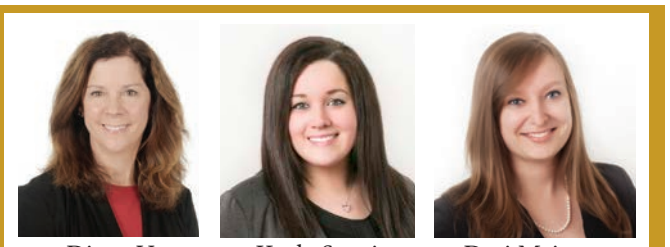

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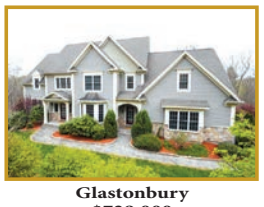
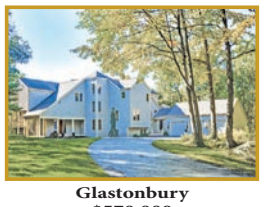

Glastonbury $739,000

Glastonbury $690,000

South Glastonbury $599,900


Glastonbury $570,000

Lyme $550,000

South Glastonbury $500,000

Glastonbury $495,000

Cromwell $450,000

Glastonbury $450,500

Glastonbury $401,000

South Glastonbury $390,000

Avon $388,000

Glastonbury $385,000

South Glastonbury $350,050

Glastonbury $348,000

Glastonbury $342,500

Glastonbury $341,888

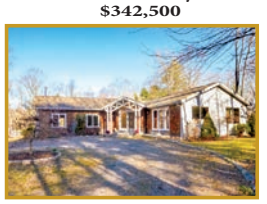
Glastonbury $320,000

Portland $318,000

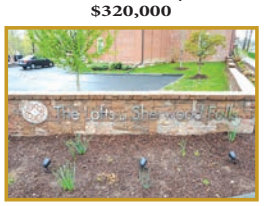
Glastonbury $305,000

East Hampton $295,000

Marlborough $289,000


Marlborough $270,500

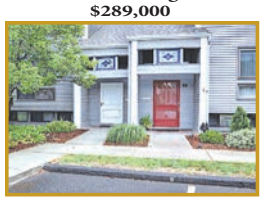
Tolland $242,000


Berlin $231,000

Marlborough $240,000

Colchester $229,900

Wethersfield $225,000


Glastonbury $225,000

Glastonbury $216,750

Portland $215,000

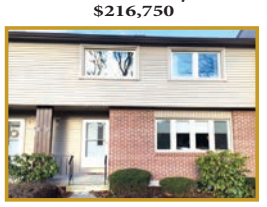
Stafford Springs $210,000

Newington $200,000

Bolton $195,000

Manchester $189,000

Bolton $186,000


Manchester $180,000

Coventry $161,000

Stafford Springs $156,000

Hartford $150,000

East Hartford $147,000

East Hartford $135,000

East Hartford $129,000

Plainville $124,900

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Providing what pets want

New business offers fresh food for dogs and cats

by Nancy Thompson
Editor

Eric Stavropoulos is a dog-lover and an entrepreneur, so his new business venture makes perfect sense.

Stavropoulos, known in the area for many years for his painting company, Fresh Coat, has opened Pet Wants in the Buck's Corner shopping plaza.

The local Pet Wants, one of 60 franchises nationwide and the only one in Connecticut, has an assortment of pet supplies and toys, collars and such, but for Stavropoulos, the store's specialty is its food.

He carries 10 varieties of fresh-made, all-natural food, seven for dogs and three for cats, as well as a grain-free food for dogs.

"It's made for us every 30 days," he said, adding that there are no

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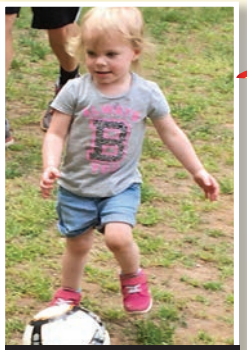
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The fresh food, which is sold by the pound, is available at the store or through free home delivery. "Everything behind this is wonderful," he said. "Not many places can offer this kind of freshness."

Franklin, Stavropoulos said his 4 1/2-year old standard poodle that he calls "the love of my life," is living proof of his product's value. He said Franklin had several health issues when he adopted him from petfinder.com four years ago, including worms and a double ear infection. With care from his vet and a diet of Pet Wants food, Stavropoulos said Franklin is "just the happiest dog in the world" today.

"With my love of animals and his problems, I'm taking a different approach to food," he said. "With all-natural food we know what we're giving him. He eats like a horse now."

In addition to the fresh dry food, Stavropoulos carries all-natural treats, house-made products such as paw wax to help heal cracked, burned or injured paw pads, calming balm for car sickness, anxiety, nausea and other ailments, a healing salve for scrapes and dermatitis, an all-natural repellent to protect dogs from mosquitos, fleas and ticks, along with seed for parrots and wild bird seed and all-natural canned moist food for cats and dogs.

Stavropoulos is an active member of the business networking group BNI in Glastonbury and is a member of the Connecticut River Valley Chamber of Commerce. He said he plans to participate in the local farmers' markets this summer.

Stavropoulos said he chose Glastonbury for his store because he knows -- and is known by -- many local business people here. "It seems like a good fit in this town," he said. "This was the ideal spot for me."

He said Pet Wants was started six years ago by two women who noticed some health issues with their own pets and learned the problems were caused by the low nutritional value of the food they had been feeding them. The company has been franchising locations for only one year, and Stavropoulos hopes to expand and open stores in other towns. "It has so much potential," he said. "I can help animals and grow the business."

Lynn Damon, a local photographic artist, has known Stavropoulos through the business networking group for five years. "Eric is a hard-working, confident individual who strives to be the best in whatever he pursues," she said. "He loves animals and believes in the nutritional value of his product. The store is open to all and very pet friendly."

Damon is displaying some of her pet portraits at the store and will donate the session fee for any pet photography appointments to Protectors of Animals.

Nancy Hayden, owner of Ginger & Pickles Cookies and Catering and the owner of two dogs, said Stavropoulos loves animals and has a genuine concern for their care and well-being. "His interest in Pet Wants grew when he learned that Pet Wants food is fresh and healthy, with the focus on beneficial products for pets," she said. "He is happy to give samples, and now both of my dogs are addicted to Pet Wants food."

Bob Zanlungo, senior loan officer at Norcom Mortgage, was pleased to run into an old friend from his childhood when he met Stavropoulos at a networking meeting.

"We went to the same high school, Woodstock Academy in Woodstock," he said. "My miniature pinscher Mia enjoys the jerky treats from Pet Wants and enjoys going to see Franklin in the new store. Eric is an all-around great guy. I'm happy to call him a friend and proud of his success in not only the new pet store, but also his painting business." **GL**

Pet Wants is at 2249 New London Turnpike. They can be reached by phone at 860-633-2722. They can be found on Facebook at facebook.com/petwantsglastonbury.

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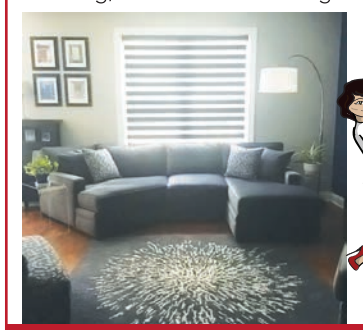

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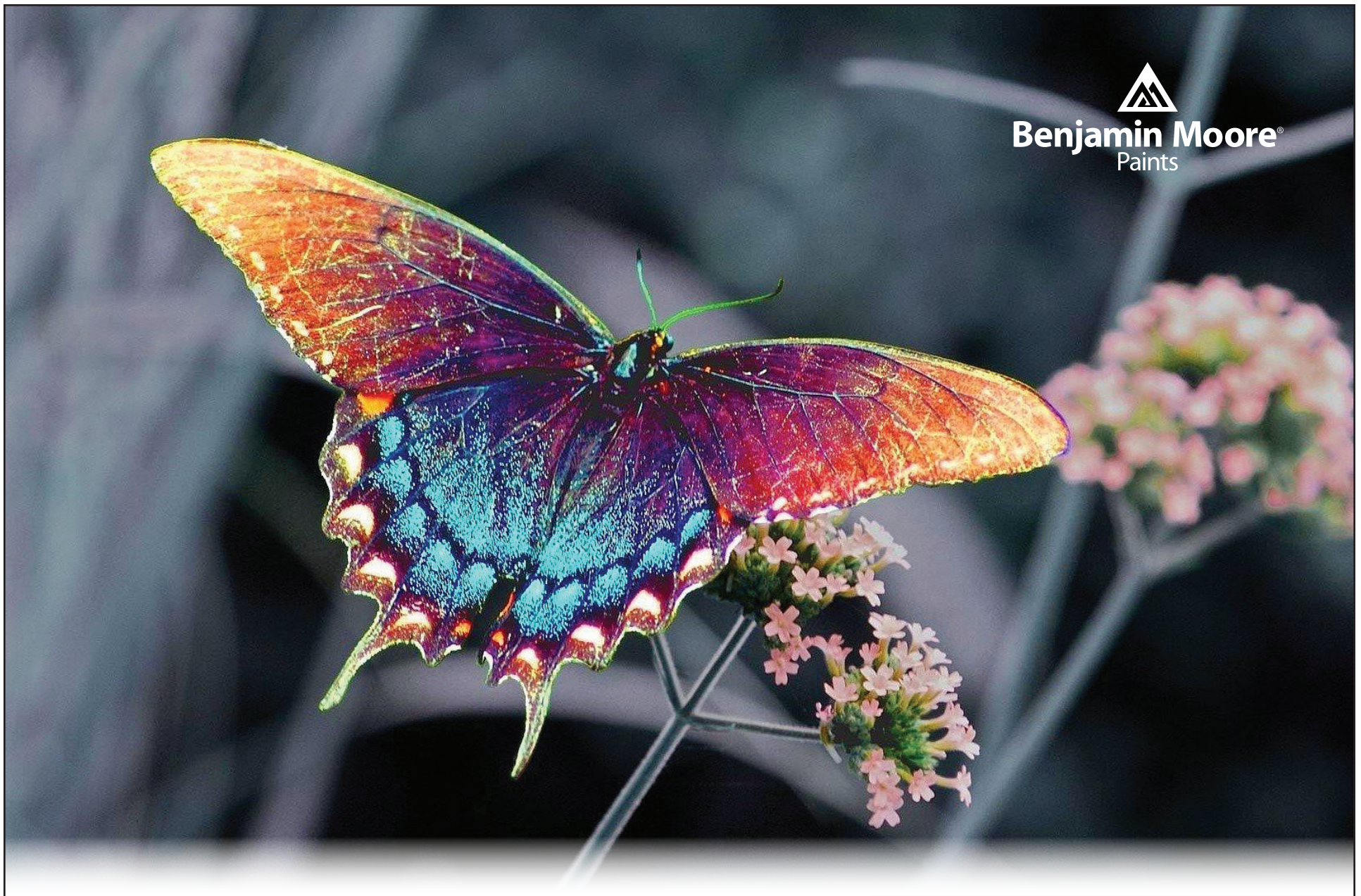

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Margaret Wilcox named chamber's Business Person of the Year

Honored for her commitment to clients and to the community

by Mara Dresner
Staff Writer

Margaret Wilcox worked as a teacher, a career development advisor and a medical office manager before finding her calling. Now Wilcox, the town's leading real estate agent and the leader of Margaret Wilcox & Associates at William Raveis Real Estate is the Connecticut River Valley Chamber of Commerce's Business Person of the Year.

Wilcox, who has been honored as a 2016 Woman of FIRE – an exceptional woman in finance, insurance and real estate – lived in Maine, Texas, Pennsylvania and Rhode Island before moving to Glastonbury in 1984. She agreed to answer a few questions about her life and work for Glastonbury LIFE.

Q. How did you end up working in real estate?

A. My career path was more or less dictated by my husband's educational path. We got married right out of college. He got his professional degree and I supported him. He moved to various internships and fellowships, and I was supporting him along the way, and I changed my career path along the way. I was a teacher; I was a vocational advisor; and then lastly before real estate, I went into being an office manager for his medical practice. When he sold the medical practice, I had an opportunity to do something else new. I picked up the newspaper one day and saw that one of the local companies was offering an evening to see if a career in real estate might be something that was of interest to someone. I attended that career night, and I thought, "Hmm, I'm a self-starter. I like to work with people. I am somebody that can take on a challenge." And I thought this real estate thing might be a good thing to do. I signed up for classes pretty much the next week, and I got my licenses at the end of 2002.

Q. What do you enjoy about the field?

A. The best part is just working with the clients, helping guide them through the process. It's one of the most important decisions in their lifetime and being able to help them, to be their trusted partner, a trusted resource in guiding them through

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this significant life experience; that really is the best part. It isn't necessarily about liking to look at houses or liking to see different decorating styles. It really is about liking to work with people.

Q. Has the field changed since you first started?

A. Drastically! The amount of paperwork is staggering in our paperless society! There's more and more forms. I think in some ways that's what's changed. The other thing is even though there's more and more paperwork to complete a purchase or sale, buyers and sellers are coming more and more from online sources. When I got a phone call from a younger couple recently and they wanted to work with me as a buyer, they said a friend recommended they call me. They get a personal referral, they go online, check out my online exposure, what you do to market homes for sale, your reviews in general, what people say about you. It used to be more that people would ask their neighbor and they still do that, but then they do online research about you and online research about houses being bought and sold. That's the biggest change in real estate, the resources available online for buyers and sellers. They come to you much more informed. Then it's your job to complete that process and help them understand all the materials they've collected and be that trusted partner.

Q. What makes Glastonbury a great place to live and do business?

A. The people. It is a nice group, a diverse group of people, all ages, cultures, backgrounds, and we all live and work together well in the community. I like the access to restaurants, to retail, to any type of medical need you might have. There are cultural and artistic opportunities for children and families, sports opportunities,
and of course the great education system. It's just a mixture of everything you might need, and then you have the beautiful rolling hills and farmlands, the beautiful scenery.

Courtesy photo

Margaret Wilcox is The Connecticut River Valley Chamber of Commerce's Business Person of the Year.

Q. Why is it important to you to be involved in the community?

A. That's really why, in my opinion, I'm receiving this fabulous honor. It isn't just about the $65 million of houses I've sold this this year. It isn't as much about that as my contributions to the community, the giving back to the community. In my opinion it's about giving time, talent and treasure.

I give my time as a board member of the Connecticut River Valley Chamber of Commerce; I'm a board member of the Welles Turner Second Century Fund; I'm an honorary board member of the Glastonbury Education Foundation; I'm a member of the Glastonbury Rotary Club. Those are all very important organizations that give back to the community. I sponsor two scholarships for Glastonbury High School seniors each year. I just really feel it's important to support organizations that come to you asking for monetary support. The community has been so good to me with my career. Even before that, the community was a wonderful place to raise our three children. I do believe in paying back. The community was there supporting my family, my children when they were knocking on people's doors, selling Girl Scout cookies or Boy Scout popcorn, all the Hartwell soccer and Glastonbury Little League, the community was there for myself and my family. I want to make sure I'm there for someone else's family or for a senior's needs. I've been very successful as a Realtor and I appreciate it. I don't think you can be a successful businessperson without trying to do the right thing.

Any successful person, you don't do it alone. You have help along the way, be it from individuals or other organizations, from the community. When you are successful, I think it's important to give back to the community, back to those organizations, but I also think it's about paying it forward to those people who will follow you, the future leaders, the future businesspeople. It's about paying back the community but also paying it forward. I think that's why you stay involved in the community, it's I why give scholarships, why I donate to the education foundation, you're helping the future generation too.

Q. Why is the chamber important to the community?

A. The chamber is important to the community because it gives businesspeople the opportunity to further their business education; it gives them an opportunity to network among themselves, and the chamber also is able to give back. It's a way for businesspeople to give back to the community through one organization. I think by having a business organization like that, you can become aware of new trends and help each other stay on the cutting edge of business and evolve as a business community.

Q. What advice would you have given your younger self?

A. One of the reasons I grew as quickly and successfully as I have is I've always sought mentors and tried to listen to the mentors and tried to think outside the box. It was important to ask the questions, to listen to what the mentors have to say, but also take it one step further and think outside the box. When I was a newly licensed Realtor, I remember other Realtors saying, "You ask so many questions; you're always getting advice." I think one of the most important things is to listen to your mentor, to seek the more experienced people to learn from. I think it took me a while from other careers to learn that. When I entered real estate as a later career, I had already learned those lessons to ask a lot of questions, to seek advice from more experienced people and take what you've learned and try to implement it and think outside the box. To my younger self, I would have said, "Get those mentors, get those advisors."

Q. Is there a quote that you live by?

A. It's so trite, it's the golden rule, treat others the way you want them to treat you. That's something I learned at my mother's side when she would say to me, "How would you feel if somebody did that to you?" It's the best life advice; it's the best business advice. Always take the high road. **GL**

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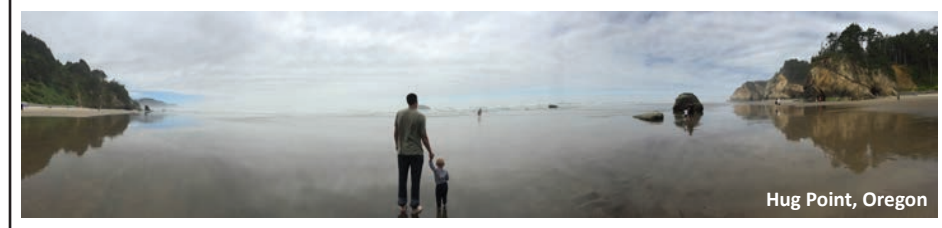

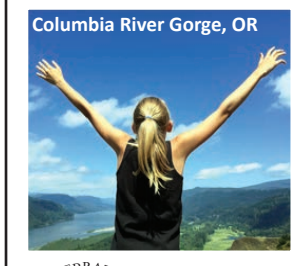

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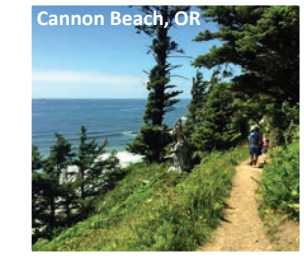

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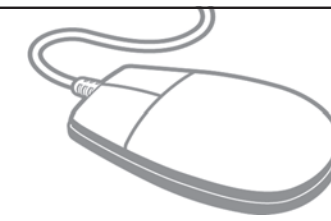

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Your thoughts

Love is in the air with Valentine's Day coming up in just a couple of weeks. There's nothing like curling up on the couch with your sweetie and watching your favorite romantic movie. Which films bring the sizzle? Here's some of what you said:

"When Harry Met Sally." I like lighter things and seeing the comical side.

– Dina Beecher

"Crazy, Stupid, Love" with Steve Carell and Ryan Gosling. First and foremost, there's humor involved. I like a romantic movie that ends happily; so many don't.

– Adam Clemens

"The Notebook" is a classic. It's a very emotional movie and it ends up working out pretty well in the end."

– Andrew Milewski

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Joining forces to provide service

Local decorator adds master upholsterer

by Nancy Thompson
Editor

For nearly a quarter of a century, local designer Liz Goldberg worked with Michael Remillard, a West Hartford-based master upholsterer, as she designed residential and commercial spaces for a variety of clients and he provided custom furnishings and restorations for them. Now they have joined their two businesses into one.

Remillard & Company, based in Goldberg's long-time office at 194 New London Turnpike, is the result. They have applied for permission from the town to build an addition on the north side of the building that will serve as Remillard's upholstery workshop, while Goldberg will continue to work with clients in the existing space.

Remillard will offer custom upholstery, slipcovers, headboards, window treatments, pillows, fabrics, cushions and custom-made furniture. "Our experience and seasoned backgrounds provide us with the skills needed to offer designer fabrics, customized end products and, if sought after, a bit of guidance to insure a successful outcome," she said. "We both feel customer service is as important as the quality of our products and are interested in making this new venture a good experience for all of our clients."

Goldberg, who has lived in town for almost 30 years, has a bachelor's degree in interior design from the University of Connecticut, has completed studies toward a master's in business administration from the University of Hartford and has done post-graduate work in interior design at the Parson's School of Design in New York. She founded Goldberg Design, LLC, in 1988 and is licensed as an interior designer with the State of Connecticut. She is a member of the American Society of Interior Designers and the International Interior Design Association.

"I think that's why the do-it-yourself TV shows are so popular. We're giving clients control of furnish their own homes."

– Liz Goldberg

"Mike and I both had separate successful businesses for many years, he in upholstery, me in interior design," Goldberg said. "We were both looking for 'the next step' and that's when we came up with the idea to join forces and expand by also offering our services to a new market, people who might not be inclined to hire an interior designer or who are interested in having a larger role in making selections for their furniture designs or other items and fabrics." She said Remillard & Company will continue to work with other designers as well.

Together, Goldberg and Remillard will offer custom upholstery, slipcovers, headboards, window treatments, pillows, fabrics, cushions and custom-made furniture. "Our experience and seasoned backgrounds provide us with the skills needed to offer designer fabrics, customized end products and, if sought after, a bit of guidance to insure a successful outcome," she said. "We both feel customer service is as important as the quality of our products and are interested in making this new venture a good experience for all of our clients."

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Remillard, a Manchester resident, has been in business for 35 years as Renaissance Interiors, where he has worked on custom frames and restored existing pieces.

"We take them down to the frame and replace the webbing," he said of his restoration work.

"It's so amazing to see it go from the bare frame to the finished piece of perfection," Goldberg said. "It's really an art to do that and do it well."

She will work with Remillard on the upholstery side of the business by helping clients with decisions, keeping track of paperwork and helping to decide what projects need to be done each week. Remillard, by contrast, will be in his workshop.

"A big part of being a designer is being a problem-solver," she said, adding that she will continue her design work as Goldberg Design, LLC.

Both talked about a new trend in which clients want to be closely involved in the design process.

"In the 1980s, there was a lot of custom work," Goldberg said. "Then, with the Internet and online sources, people tried to become their own designers, and that changed the psychology of design."

She said she did research and learned about the Maker Movement, which apparently attracts 30- to 40-year-old clients who never had home economics or shop and now want to be part of decisions and have more control in the design process.

"I think that's why the do-it-yourself TV shows are so popular," she said. "We're giving clients control of furnish their own homes. They can built in along the way, and pick their own fabric," Remillard said. "Liz will guide them."

Over the years, both Goldberg and Remillard have helped clients throughout the area, including Laurene McGarry, owner of Eclectic Design.

"I have known Mike for approximately 12 years when I was new to the design industry," McGarry said. "I've tried other upholsterers through the years only to be disappointed. He is the only upholster I trust with my client's furniture and my own. He is honest, meticulous and a real master of his craft. He takes what he does very seriously. I never worry about how a job will come out because each chair, sofa, bench or ottoman comes out better than I expect it to; he has an incredible eye for the smallest details. My clients are always elated when they see their old piece of furniture refreshed. Just yesterday I received a thank-you note from a client in Windsor telling me how much they continue to love their family room renovation from earlier this year, and all the furniture – sofa, three chairs and an ottoman – reupholstered by Mike. I can't imagine working with any other upholsterer."

Madelyn Lankton has been one of Goldberg's clients for four years.

She said she has been impressed with Goldberg's ability and the quality of her work.

"Liz has tremendous range in her ability to handle large-scale, complicated renovations as well as creating new designs for previously unused spaces, including interior design, landscape design and out-

Nancy Thompson photo

Michael Remillard and Liz Goldberg have joined their upholstery and design businesses into what they call “a service company.”

door entertaining spaces,” she said. “Liz goes well beyond the design and manages all aspects of every project. She is detail oriented and always delivers with quality. Liz is tremendously creative, artistic and collaborative. She adjusts well to how involved her clients want to be in the design and execution of a project. She quickly understands a client’s style and offers several options to choose from in her designs. Each design is well thought out. It’s a pleasure to work with her.”

One of Remillard’s recent projects was at ON20, a Hartford restaurant, where he worked with designer Robin Jones.

“I have been working with Mike for the last year since starting my own firm, Robin Jones Designs,” Jones said. “I can say that Mike is a true professional in all ways. His attention to detail is exemplary. Due to the demand for his work there is sometimes a wait for him to be able to get to a job but it is always delivered on time and I am never disappointed with his results or the communication. He also offers world class custom work, if you can imagine it he can make it. I’ll never use another upholsterer. Mike did an amazing job for me on the ON20 renovations that I just completed.”

Goldberg and Remillard say that their new company is not typical.

“We’re not touting ourselves as designers,” Remillard said. “We’re working with people who might not have dealt with a designer. They say ‘I want to do my sofa,’ so Liz will talk with them about the purpose of the room and window treatments and guide them. This is a service company.” **GL**

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News roundup

Srinivasan announces candidacy

State Rep. Prasad Srinivasan, R-Glastonbury, has announced his candidacy for governor. "We need to revive our state so that we can all prosper," he said. "To ensure a bright future for Connecticut, I have the energy, enthusiasm and experience to work on the challenging issues that face our state."

A sign of spring

The town's parks and recreation department will accept new registrations for community garden plots on February 21. The plots, which measure 20 by 20 feet or 20 by 40 feet and have access to water, are located behind the police station and accessed from Canione Road. The plots are available to Glastonbury residents only and can be leased for $15 or $30, depending on size. Applicants, who much show proof of residency, can sign up for one plot only. The recreation office is at the rear of 2143 Main Street and is open Monday through Friday from 8 a.m. to 4:30 p.m. To learn more, call the department at 860-652-7679.

Calendar art on display

Art by local school students will be on display in the lower level of town hall through April 8. The exhibit highlights pictures that are part of the 2016-2017 Glastonbury Public Schools calendar. The following students have artwork in the calendar: Brooke Milikowski, cover; Christina Serdechny, August; Morgan Ryder Harris, September; Isaac Shen, October; Megan Whittles, November;

Morgan Ryder Harris, a kindergarten student at Nayaug School, designed the September page for the local school system's calendar.

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CT River Valley Chamber of Commerce President Mary Ellen Dombrowski presents social worker Theresa Buckson with a check for the Glastonbury Food Bank.

Sofia Brummitt, December; Luca Gaggion January; Farrah Blancato, February; Claire Culliton, March; Celia Caruso, April; Jayna Mikolaitis, May; Joseph Hilliker, June; and Kendall Galonska, July; and inside, Drew Lombardi.

BOE budget proposal set

The board of education adopted a $104.4 million education budget for 2017-2018, an increase of 3.03 percent over this year's spending plan. The proposal has been described as "a status quo budget," with increases driven by salaries and benefits. The plan includes the elimination of 10 teaching positions because of declining enrollment.

The board of finance and town council will review the budget, with the finance board scheduled to make a recommendation February 8 and a town council meeting March 22 to approve budgets for the town and the school system.

Chamber helps out

The CT River Valley Chamber of Commerce donated clothing and $250 to the Glastonbury Fuel Bank as part of the East of the River Chambers of Commerce Association's "Warming Hands, Warming Hearts" event.

Eastbury closing

The board of education has voted to close the Eastbury Elementary School after the 2017-2018 school year because of declining enrollment throughout town. The process, which included research, study, discussion and public input, has been going on for a number of years.

Singing Valentines available

Members of the Sound of New England Chorus, which includes town residents Barbara MacKenzie and Jan Grant, will deliver or send a cappella musical messages of love and friendships on Valentine's Day, either in person or as an e-gram. Quartets

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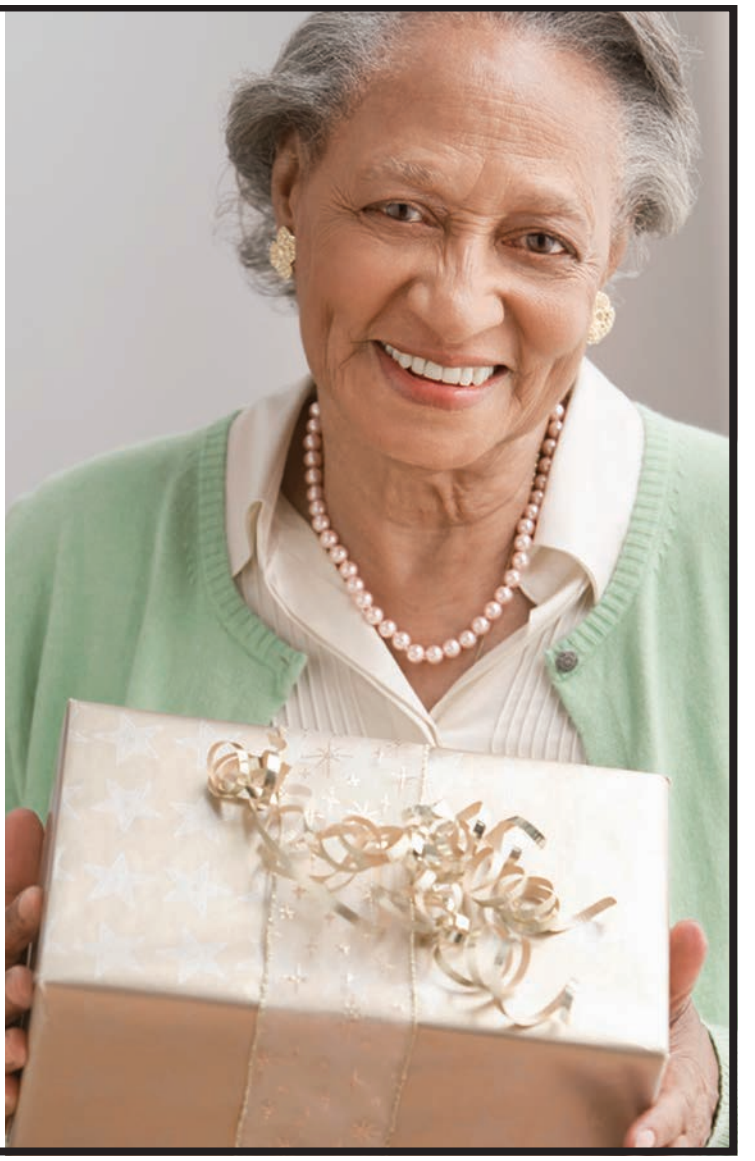

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Former chief returns

Former police Chief Thomas J. Sweeney has returned to lead the local department until a new chief is hired. Sweeney, who was retired and served as chief here from 1999 to 2012, replaced Chief David A. Caron, who retired after it was discovered that emails of naked women were forwarded from his official town email account late last year. GL

Events spotlight

Gift of Music charity concert

January 29, 2 p.m.

Congregation Kol Haverim, 1079 HebronAvenue

860-633-3966

This concert, featuring Aaron Cohen and several other talented young musicians, will benefit Hungry for Music, an organization that provides instruments and lessons to children who could not otherwise afford them. It's being produced by Aaron as a community service in preparation for his Bar Mitzvah. "It's really cool how many of my friends and their families are willing to get involved and help out," he said. "I can't wait to perform and support this great cause."

The concert is free, but he is asking for donations of cash or used instruments, all of which will be donated to Hungry for Music. The concert also will be streamed live on Facebook at facebook.com/giftofmusicconcert/. For details about the concert and how to make a donation, visit myconcert.info?utm_source=email&utm_medium=email.

Kids' book sale

February 25, 9:30 a.m. to 12:30 p.m.

Friends Room, Welles-Turner Memorial Library, 2407 Main Street

Kelly Rodino or Wahiba Benhousa,

860-652-7728

This popular event offers hardcover books for $1, paperbacks for 50 cents, and most DVDs for $3 and is a way, not only to get inexpensive books and DVDs for children, but also to support the library. Guests are asked to bring their own bags.

Our Natural World: Photography exhibit and sale

Through February 25

CT Audubon Society at Glastonbury, 1361 Main Street

860-633-8402

Lovers of nature photography can view an exhibit of more than 200 entries, many of which are available for purchase. They include photos of plants, animals, birds, butterflies and bugs, landscapes, nature's miracles, and people in relationship with nature. The exhibit is open Tuesday through Saturday from 1 to 5 p.m. Admission is $3, with proceeds benefitting the center's educational programs.

B.Y.O.C.

February 28, 6:30 p.m.

Welles-Turner Memorial Library, 2407 Main Street

860-652-7720

B.Y.O.C., short for Bring Your Own Craft, is a new program sponsored by the Welles-Turner Memorial Library and designed to help people who never seem to have enough time or space to work on their craft projects at home. The library will supple tables and chairs, and participants provide their own knitting, embroidery or whatever craft project supplies they'll need. Coloring supplies will be available for anyone who wants to do that. Everyone will be able to listen to music or audiobooks, or maybe watch a movie or a TED talk. The group, designed for adults only, will meet monthly on the fourth Tuesday.

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Making beautiful MUSIC and touching young lives

Courtesy photos

Cellist Yun-Yang Lin has studied with Yo-Yo Ma

by Nancy Thompson
Editor

It was apparent at an early age that cellist Yun-Yang Lin would win international acclaim. She traveled around the world performing and was able to speak Taiwanese, Mandarin Chinese and English and earned such an international reputation in her native Taiwan that a professor at the acclaimed Hartt School of Music in West Hartford heard about her and offered her a scholarship to come here to continue her studies.

At Hartt, she earned a master's degree in cello performance with an emphasis on music pedagogy, the science of teaching young children how to play. Lin had learned through traditional techniques as a child and was impressed when she discovered the Suzuki Method, which was developed in the mid-20th century by Japanese violinist Shinichi Suzuki.

Suzuki's goal was to teach children as young as preschoolers by scaling their instruments down and teaching them in small steps.

"It kind of opened my eyes," Lin said.

She started teaching at the Hartt Community Division, the college's music school for pre-college students, and in New Haven at the Neighborhood Music School, as well as performing with the Hartford Symphony Orchestra and the Eastern Connecticut Symphony Orchestra in New London.

While performing with the Hartford Symphony one night, Lin struck up a conversation with one of the double-bass players standing behind her.

"She was right in front of the double basses," said Tony Connaway, the musician in question. "We were with the Andrea Bocelli tour at the old New Jersey Nets stadium. It was kind of a neat gig for us."

They became friends, started dating in 2007, and were married in 2009. Connaway is known to many in town as an elementary school music instructor who was named teacher of the year in 2012.

They bought a ranch-style house with a walk-out basement and have built two studios, one for each of them.

"I have a twelve-step commute and I love it," Lin said. She also goes to New Haven once a week to teach students in her studio there.

Classical, ragtime and more

Many people think of string instruments as solely used for symphonic, chamber or other classical music. Lin knows better.

"I haven't always played symphonic music," she said. "I love ragtime." She has performed with the Neighborhood Music School Faculty Ragtime Ensemble, which features a violin, cello, clarinet, recorder, flute, piano and tuba.

She does, however, encourage her students to learn and perform chamber music and has formed several groups, including a cello group and a string quartet. "I try to keep to a string quartet repertoire," she said. Her students have appeared at the Wadsworth Athenaeum's Festival of Trees for the past four years and have performed at the Buttonball Lane School, at an event sponsored by Glastonbury Arts, and at a local church. "I want to do more," she said.

Yun-Yang Lin plays her cello as her husband, double-bassist Tony Connaway, looks on.

She coaches her groups on alternate Sundays using classical repertoires but expects them to do more. "I encourage them to play together with their friends," she said. "It's the classical string quartet version of a garage band."

Two of her groups performed in December as part of the American Protégé Competition at Carnegie Hall in Manhattan, and she's hoping to bring groups to two more of the international competitions there this year.

"She's just so humble about it," Connaway said of her work with her students and in the community. "She's doing fabulous things for the arts in Glastonbury."

Lin has won the respect of her students' parents.

"She is an absolutely remarkable teacher and person," said Okon Hwang, who holds a doctorate in Ethnomusicology and is a professor of music at Eastern Connecticut State University,

Hwang said she met Lin five years ago when she and her husband were looking for a private cello teacher for their son, then in fourth grade at the Nayaug School.

"Knowing that finding a good private music teacher is not an easy task, we carefully screened candidates based on their teaching experiences, educational backgrounds, and references," she said. "Yun-Yang's resume, experience, and recommendations were stellar. It turned out that she was more than what we expected in a private cello teacher.

Yun Yang Lin, center, took two groups of students, ranging in age from sixth through 10th grade, to perform at Carnegie hall in December. They are Euann Gu, Rebecca Lee, Claire Lee, Brant Barbara-Hwang, Alex Richter, Allen Zheng, Esther Shen, Olivia Lee and Maddie Hong. The group of four on the left are called the BERC Quartet, and the group on the right is called AMAZöE Cellos.

She is a superb performing musician who is also an excellent pedagogue. The most impressive aspect about her as a teacher is that she truly wants every one of her students to experience the joy of music while reaching for their full potential as a musician and human being. Her care of and dedication to her students are absolutely remarkable."

She was so impressed that she decided to enroll her daughter in Lin's studio when she entered kindergarten. "As for my son, within five years of working with her, he went from a rank beginner in cello to a winner of an international competition. In December 2016, he performed at Carnegie Hall," she said.

Patricia Ossino, whose son, Francesco, and daughter, Angelina, take lessons from Lin, called her "a lovely, lovely lady."

She Francesco started learning to play the cello with Connaway. "He fell in love with the instrument and wanted summer lessons and Mr. Connaway recommended his wife."

She said she is impressed by Lin's ability to move from teaching "a high-level cellist to a second-grader who has never held a bow" and the way she motivates her young students.

"It's amazing," she said. "She genuinely loves her students. She focuses on the positive and motivates kids because they love and respect her. She's an amazing musician herself and has played with the best of the best. That's a big thing."

She was so impressed with Lin's success with her son that her daughter is now taking lessons from her.

Sofia DiNatale, a Glastonbury High School student, said Lin "has grown from being just my teacher to someone who's near and dear to my heart."

Sofia, who has studied with Lin for five years, said she's been impressed by Lin's talent and expertise as well as her ability to find a variety of ways to teach a concept and help her students understand it further and described her feedback as "never just straight criticism, but constructive and kind."

Sofia's mother, Janine, said she likes the way Lin is always looking for performance opportunities for her students. "She keeps her students competitive but teaches them professionalism and camaraderie. I personally enjoy her enthusiasm and her kind manner in which she goes about her business. She is very serious about her music and her student's achievements, but she does it all with a very sweet demeanor."

She added, "On a personal note, I love how she loves to travel and try new adventures and experience new cultures. She is a beautiful person inside and out. We are very fortunate to have her in our lives, I know Sofia cherishes their relationship." **GL**

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LIFE in the kitchen with chef Chase Goleman and Justin Morris

by Nancy Thompson
Editor

Most top restaurants have an accomplished, innovative chef in the kitchen. 2 Hopewell American Bistro and Bar has two.

Chase Colemon and Justin Morris come from different backgrounds and have had different training, but they enjoy working together and complement each other in many ways.

Chase, whose parents came from Texas, grew up in Louisiana As a child, he enjoyed family dinners and watching his mother and grandmother cook. "It always looked interesting," he said. "I always wanted to do it."

After his family moved to Connecticut he took some cooking classes at Manchester High School and wanted to go to culinary school after graduation. His parents didn't like the program he was considering, so instead he went to Eastern Connecticut State University, where he earned a degree in sports and leisure management, and eventually to the Cordon Bleu, a culinary school in Miami. "It's always been a passion," he said. He worked at a variety of restaurants and restaurants including the Trump International Beach Resort in Miami.

"I learned a lot," he said. "I learned about molecular cooking from them."

It was a good learning experience, but he felt there was no room for growth, so he moved to Loews Miami Beach Hotel for a year before becoming homesick and returning to Connecticut.

Once back, he worked for the Max Restaurant Group for a while, then heard about an opening at 2 Hopewell. "I came in, interviewed, and never looked back," he said with a smile.

Justin grew up in Ellington, where he enjoyed watching his parents cook. His uncle was a chef, and, while he thought it was an interesting profession, he didn't pursue it.

Instead, after graduating from high school he worked in construction, installing high-end swimming pools for several years. After undergoing knee surgery when he was in his mid-20s he decided to go to culinary school and enrolled at the Connecticut Culinary Institute. From there, he interned at the renowned Grill 23 in Boston's Back Bay area for almost a year. "I learned skills and techniques but not how kitchens are run," he said. He returned to Connecticut where he worked at Max Fish for about a year and as a line cook at 85 Main in Putnam. He was a line cook at 2 Hopewell for a year before teaming up with Chase about a year ago.

"Bill let us both take on the responsibility," he said of owner Bill Driggs. "He lets us be very creative and is always willing to try things. Some dishes are staples, like the short rib and the filet, while others change. We use Brandt beef, which is very high-end. Bill doesn't like to compromise."

Their biggest challenge? For Justin is trying to keep everyone on the same page. For Chase it's dealing with purveyors, especially ensuring that quality is at the level they expect.

Justin said especially enjoys the sense of accomplishment, especially at the end of a busy night. Both said they enjoy being hands-on and working alongside others in the kitchen. "Everyone's really close here," he said.

GL

2 Hopewell American Bistro & Bar is at 2 Hopewell Rd. in South Glastonbury. The phone is 860-633-9600, and the website is 2hopewell.com.

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10 questions for Chase Golemon and Justin Morris

1. What's your "secret weapon" ingredient?
Chase: *Pancetta.* **Justin:** *Ranch seasoning. It's very tasty.*

2. What's your least favorite food?
Chase: *Fish. I'll eat seafood, but I have to be in the mood for it.* **Justin:** *Seafood.*

3. What is the one cooking technique everyone should know how to do?
Chase: *Sautéing.* **Justin:** *Doing a proper sear. A lot of people don't set the oil high enough.*

4. If you could take any celebrity chef out to dinner, who would it be and where would you take them?
Chase: *Daniel Boulud. I'd take him to Krust pizza and bourbon restaurant in Middletown.* **Justin:** *Mori Moto. I'd take him to Grill 23 in Boston.*

5. What is your favorite cookbook of all time?
Chase: *Mastering the Art of French Cooking by Julia Child.* **Justin:** *Modern Sauces by Martha Holmberg and Ellen Silverman.*

6. If you weren't a chef, what profession would you be?
Chase: *Something in recreation like sports and leisure management.* **Justin:** *I'd probably still be in construction.*

7. What spice or herb best describes your personality?
Chase and Justin: *Curry.*

8. What's your "go to" staple/recipe/dish?
Chase: *Pasta.* **Justin:** *Baked stuffed shells.*

9. What do you like to cook when having guests to your home?
Chase: *I see what they have at Whole Foods Market and then come up with a menu.*
Justin: *I agree.*

10. It's your last meal on earth. What's on your plate?
Chase: *My grandmother's fried chicken.*
Justin: *Filet and mashed potatoes.*

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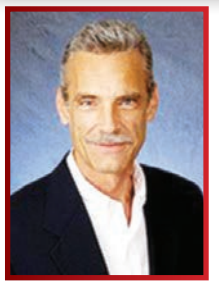

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"I was meant to do this"

Joan C. Dauber helps thousands each year

by Mara Dresner
Staff Writer

Around the holidays many people generously donate turkeys and other foods so that less fortunate neighbors may enjoy a traditional feast. Some people do a bit more. Forty years ago, Joan Dauber saw a need and has worked ever since to fill it.

The Joan C. Dauber Food Bank at Saint Francis, formerly the Saint Francis Emergency Food Bank, was the first food bank located in a hospital.

Dauber was working as an outpatient dietician at what was then Mount Sinai and began to notice that her patients wouldn't always stick to the recommendations she made.

Joan Dauber oversees the collection of thousands of diapers and baby wipes that are given to more than 1,000 needy families each month.

Photo by Mara Dresner

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"They'd be OK for a week or two or a month. Nothing would be making sense, so I would ask them. I would say, 'I'm not doing this to embarrass you.' It was about how to best help them. I would ask, 'Do you have food?' Our expectations would be just because you're diabetic and have to watch your sugar, you'd use a sugar substitute. If you're poor, you can't afford these things. You may not have the resources to get good nutritious foods. It's not because you don't want to. It's because you're limited," she said. "I always enjoyed food and the challenge with modified diets with whatever medical conditions so people could eat variety of foods and be nutritious and adhering to the modifications they needed to follow. Outpatient dietetics is very different from in-house dietetics. With outpatient dietetics, my feeling is you're not just working with the patient, you're working with the whole family."

That relationship uniquely positions her to connect people to a variety of services, such as medical or social service needs.

Dauber grew up in the Middletown area, and joined the Army to help pay for her education.

"I was an only child. I wasn't quite ready to be on my own. I needed further education but I also needed structure," she said. In the Army she served as the assistant chief of diet therapy at Walter Reed National Military Medical Center.

She and her husband, James, lived in New York for a while and have lived in Glastonbury for more than 40 years.

In the early days of the food bank, just a handful of families were served.

"You start at one place," she said. "We would maybe take care of 12 or 25 families a month, and over the years, it just grows. And you see what other needs they have, whether it's clothing, special supplements or diapers, just basic needs."

The food bank started with one cabinet and donations from an OB/GYN physician's fund, as well as occasional food drives and was one of the first members of Foodshare.

"It was difficult because I had no money," Dauber said. "When we actually became part of Foodshare, salvaged food was a nickel a pound. Now it's 17 cents a pound. But I had nothing. I'd walk around the clinic and ask, 'Can I have your change?'"

"I can't solicit money but if you call me, I can give you options."
– Joan C. Dauber

From those humble beginnings, the Joan C. Dauber Food Bank at Saint Francis, located on the campus of Mount Sinai Rehabilitation Hospital, has grown. Each month, the food bank helps an average of 1300 families, a number that may go as high as 1,600 families during the holidays, providing 134 tons of food annually to Hartford families.

While the majority is non-perishable, people are also given produce and meat, depending on what is available. Dauber makes good use of her background, including helping special cases, such as patients with cancer or HIV, to ensure their nutritional needs are being met.

The physical space has expanded greatly through the years as well.

"We went from a closet to probably, well at least 3,000 square feet. It's huge," Dauber said.

She also offers education along with the food, whether that's what expiration dates really mean, best practices for feeding children or a clever hack – simply rinsing –to reduce sodium or sugar in canned foods.

As in the early days, hospital employees generously support the food bank, whether it's raising tens of thousands of dollars or responding to Dauber's more specific requests for help, such as a call for plastic bags. She has two major drives at the hospital, once at the holidays and once around Mother's Day.

"I don't like to keep asking for stuff," she said. "People at the holidays tend to be very generous, whether that's to make a donation of money or food."

The food bank is also supported by grants and donations, as well as through the hospital's foundation.

"I can't solicit money but if you call me, I can give you options. I have a lot of grants in place; you have to. I'm fortunate to be getting good funding through the Hartford Foundation for Public Giving. Things come up through Foodshare," she said.

Dauber is the only employee. About 50 to 75 volunteers assist on a regular basis, including her husband. Others come in now and again to lend a hand.

Everyone who receives assistance has to qualify and complete paperwork.

"Joan is one of the most hard-working and dedicated people I have met. [It's] cliché but it clearly is visible when [you] visit her at the food bank. She's passionate and genuine. Her operation has always impressed me and truly sets the gold standard for how a program should operate," said Vinh Vuong, agency services coordinator.

"Joan is a tireless advocate for the persons she is serving and a joy to work with," his co-worker, George Lombardo, agency services manager, added.

The food bank is also a partner of The Diaper Bank of New Haven.

"We've always had diapers but we've never done the volume we do now. We have 225 children and they are provided with 50 diapers per month," Dauber said. "If you're going to run an operation this size, you have to know you can provide the services. You have to know you can run the next two months at least. A lot of families are counting on you."

"I don't like to keep asking for stuff. People at the holidays tend to be very generous, whether that's to make a donation of money or food."
– Joan C. Dauber

Diapers and wipes are expensive items and are must-haves for working parents in order to have their children in daycare. Three Glastonbury business – Baribault Jewelers, Monaco Ford and mission FITNESS, LLC – participated in a diaper drive in October, bringing in 21,000 diapers and 20,000 wipes.

"Whose heart doesn't melt when you think about the opportunity to help a beautiful, innocent baby? My siblings and I all have young children. Our family has a new baby arriving soon and feel so blessed to be able to provide our small children with something simple like diapers. We understand not everyone is so lucky and we wanted to help the families who may struggle with providing diapers for their babies," said Christina Baribault-Ortiz, partner and director of operations at Baribault Jewelers. "I met Joan when she came into our jewelry store with her husband to do some shopping. She is so lovely we got to chatting and made a nice connection. She provides diapers to over 200 qualified families every month. This is over 11,000 diapers a month! That is a lot of families counting on her and I am sure Joan feels a lot of pressure at times as to where she will get the diapers from next yet each time I have met with or spoken to her she is very calm and confident that she will make it happen."

Baribault-Ortiz said she is impressed with what Dauber offers.

"I toured her facility. It is so amazing that she provides so much more than just diapers to families in need," she said. "She helps a lot of local families. I can't think of anything more meaningful than that."

Dauber becomes emotional when she talks about the difference one person can make.

"Everybody can do something. And it's our responsibility to do something and never expect anything in return," she said, fighting back tears. "I was floored at the hospital that they backed us because they didn't have to. It's been greater because of the hospital's support. It's a nice feeling that you can stop and go to any department when you need help. The bottom line is I've never been refused. That's what so important is you have support. It's successful, yes, because of me; but it's successful because of volunteers. I'm fortunate. I was meant to do this." **GL**

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EDUCATION

Making a racquet

Squash program opens doors for urban youths

by Nancy Thompson
Editor

It's not uncommon to find squash teams at many elite colleges and universities, but the sport is not often seen in urban areas.

Capitol Squash, led by Glastonbury resident Meg Taylor, is working to change that, and to change lives as well.

Taylor, whose father, the Rev. David Taylor, is one of the pastors at the First Congregational Church on Main Street and whose mother, the Rev. Jane Hawken, is the pastor at the First Congregational Church in Portland, dabbled in squash when her family lived in New Hampshire. She became more interested in the sport when they moved to Glastonbury and her father reached out to coaches at nearby Trinity College, which is known internationally for its squash program and holds the NCAA record with 252 consecutive wins in squash competitions.

"I knew I wanted to play squash in college," she said. She played field hockey at Glastonbury High School, which does not have a squash team, but held on to her dream of playing squash at the next level. While in high school she also played violin in the school's orchestra, studied Russian and was active in her church, volunteering for many years with Heads Up! Hartford. Those summers gave her a perspective she might otherwise not have had.

"It was really important," she said. "It's easy to grow up in Glastonbury and not cross the river."

She enrolled at Vassar College in Poughkeepsie, New York, where she played squash for four years and was the team's captain as a senior. When asked why she didn't go to Trinity, she smiled. "I wouldn't have been able to play on the team," she said. "They're too good."

After graduating with a double major in Russian and religion, Taylor moved to Washington, D.C., where she taught first and second grade students with special needs as part of Teach for America, a national teacher corps and became, in her words, "passionate about teaching."

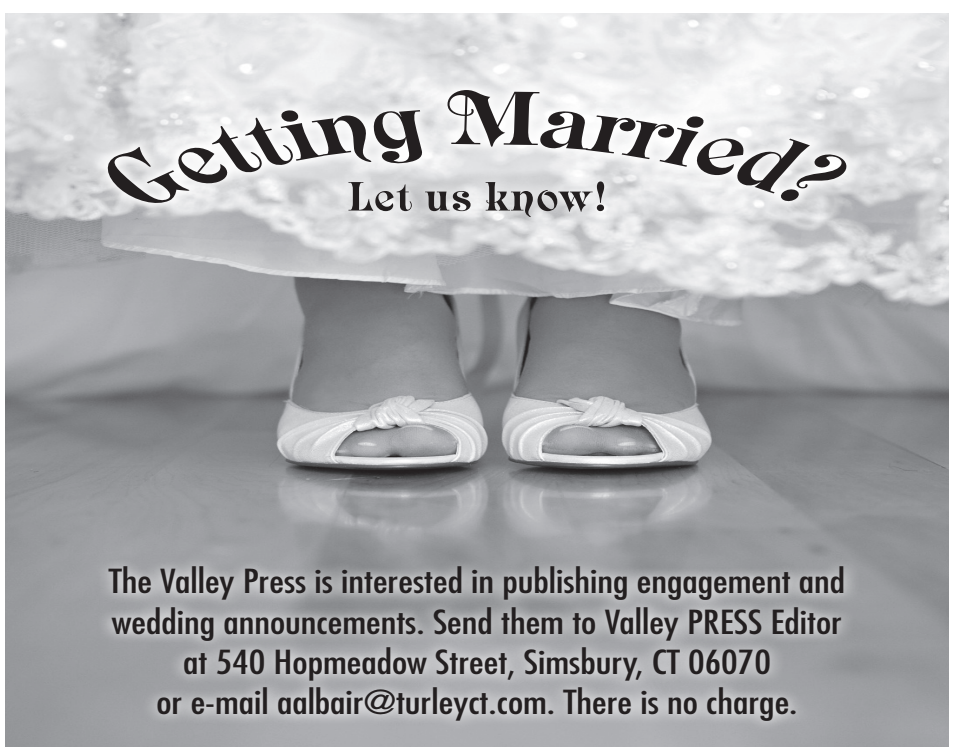
She earned a master's in education with an emphasis in special education and might have continued in the field except for an email three years ago from her college squash coach asking if she might be interested in something called urban squash.

"I read the job description and knew immediately that I wanted to do it," she said.

She applied for the position, was hired, and returned to Connecticut at the end of the school year to get the program started.

Capitol Squash is based at Trinity College, and team members,

Members of the Capitol Squash team celebrate during the Urban Individual national competition at Williams College.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Courtesy photo

Meg Taylor is the executive director of Capitol Squash.

EDUCATION

all of whom are from outside the U.S., help with the program. Some volunteer, while others help for academic credit. "It's nice for our students," Taylor said. "Many are from the same countries. It's a very, very diverse group of kids, all from Hartford."

Prospective players and their parents complete a 20-page application that includes recommendations from teachers and others as well as a home visit. Experience playing squash or any other sport is not a requirement, although an ability to follow directions and decent hand-eye coordination is.

"We want successful, hard-working, committed kids," Taylor said. "They have to be aspirational and willing to work hard."

Fourth- and fifth-graders who are accepted must commit to a three-month tryout and remaining in the program through high school and college. The program accepts 25 students each year out of about 100 candidates.

Once part of Capitol Squash, students go to Trinity two days during the week and one day on the weekend for squash practice followed by academics, homework help or enrichment.

Students say they enjoy the program on many levels.

"I like Capitol Squash because I get to play a new sport and meet new people," said seventh-grader Phoebe Sanchez. "My favorite part is that we travel to new places for tournaments. I've played at different colleges like Williams, Harvard and Yale."

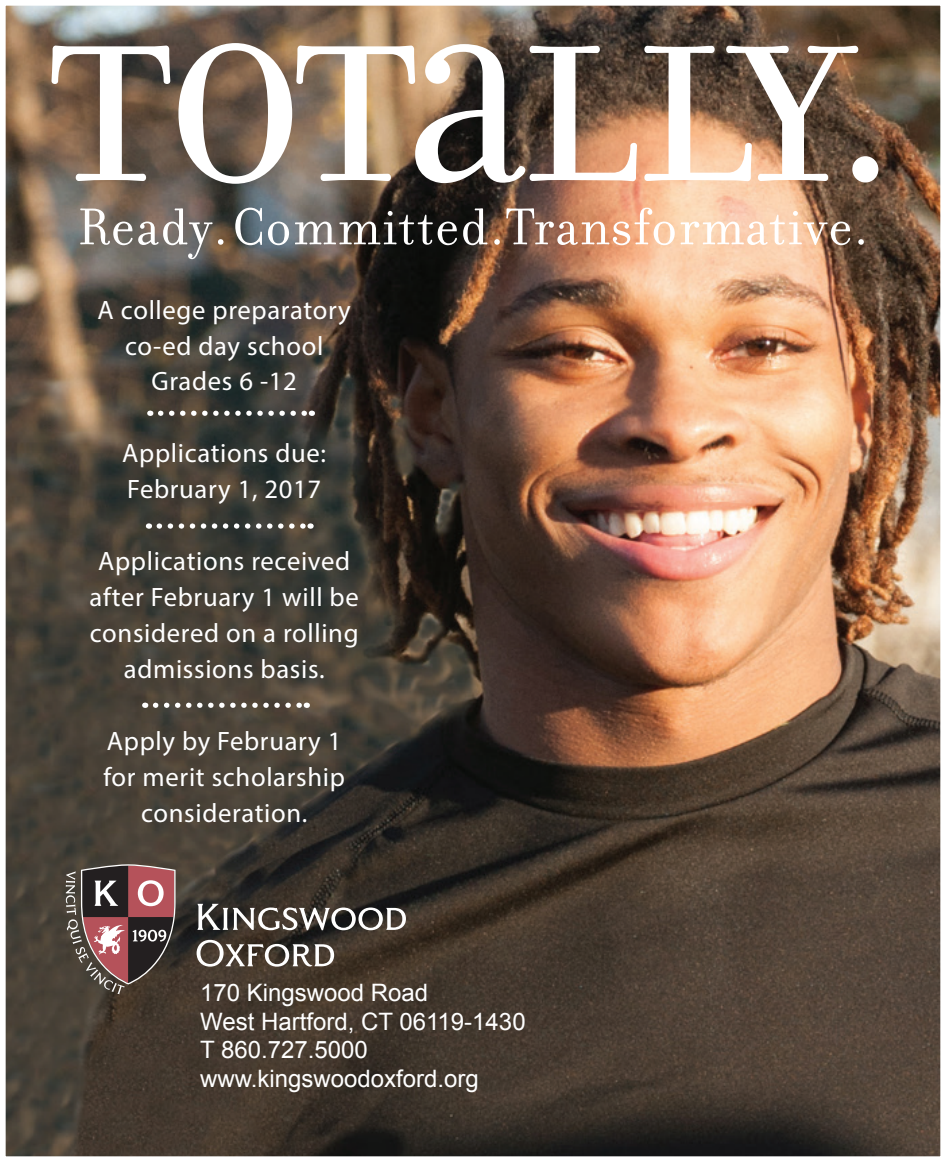
Julissa Mota, also in seventh grade, said the program has changed her focus. "I've been in Capitol Squash for two years. It has really helped me think about my future and going to a good college," she said.

In addition to squash instruction and academic help, the students go on trips for urban squash competitions on college campuses and at private schools, including overnight trips to Harvard and Yale universities. Many also attend camps for squash and academics.

"Their affluent peers get camps and tutoring. We're trying to close that gap, she said.

Students who joined the program in its first year are now in seventh and eighth grade and starting to think about college. Taylor said 97 percent of participants in the urban squash program nationwide go on to play squash in college. "The success rate is pretty amazing," she said. "These are the top, top teams."

Capitol Squash, which operates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under the umbrella of the National Urban Squash + Education Association, is a non-profit organization financed mostly by individuals, foundations and corporations and through an annual spring tournament that attracts some of the world's top squash players and raised $100,000 in 2016.

Over the past three years, Taylor has earned praise from members of Capitol Squash's board of directors.

"Meg is an extremely dynamic, intelligent and driven young professional," said board Chairman David Kinsley. "In short order she's launched a start-up, non-profit organization, Capitol Squash, and brought it to a place of success and stability. She's known as a rising star within national urban squash circles and has been invited to attend symposiums and conferences to help inform and inspire other urban squash organizations. Given that we're only in our third year, all of this is amazing! The national urban squash umbrella organization, the National Urban Squash Education Association, gave Capitol Squash 'A' level marks in their bi-annual evaluation program. No surprise, Meg is organized, shows attention to detail and has a high emotional intelligence. She's wise beyond her years. She has a big heart and gives her everything to the kids and the organization. Truly we are fortunate that Meg landed as our Executive Director. Bottom line she's making a big difference in many kids' lives. The beauty of all this is that it seems like she's just getting started both with the program and the impact she can make on people's lives in Greater Hartford."

Paul Assaiante, Trinity's squash coach and a member of the board of directors for Capitol Squash, has known Taylor since she was in high school.

"She used to come to the squash courts and I was impressed by her maturity and class," he said. "I watched her at Vassar, and lo and behold, when we did a search [for an executive director for Capitol Squash] she fell into our lap."

Courtesy photo

Meg Taylor, center, enjoys a break with Phoebe Sanchez, left, and Julissa Mota, right.

Assaiante described Taylor as "envisioned, determined, organized and a do-gooder who wants to touch people's lives. In the Capitol Squash program she has the vehicle to do that. This is a truly transformative program that changes lives and she is the perfect person to have at the helm. She motivates the kids and holds them to a high standard." **GL**

To volunteer, contribute or learn more about Capitol Squash, visit capitolsquash.org.

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Business Notes

Educational Playcare has opened 1193 Hebron Avenue. The center can be reached at 860-430-4969.

Mindyleigh Vail, the manager of **Nicola, Yester & Company,** has been named a "New and Young Professionals to Watch" by the Connecticut Society of CPAs.

Tom Tarascio, a South Windsor resident, is a new mortgage loan officer at **United Bank.** He is based in Glastonbury.

Leese Schipani has been promoted to partner at **KardasLarson LLC,** a human resources consulting firm in Glastonbury.

Brannon Ozark, a Manchester resident, has joined **United Bank** as a premier banker in the bank's local branch at 2670 Main St.

Carrie Draghi, a local photographer, has been named a winner of the WeddingWire Couples' Choice Awards for Professional Wedding Photographers for 2017. This is the fifth time **Draghi's studio** has won the award.

Barry Horowitz of **Nirenstein, Horowitz & Associates** will present a free series of estate planning seminars February 14, 15, 16, and 18 at the company's new office at 200 Glastonbury Boulevard, Suite 202. To learn more about upcoming seminars, visit PreserveYourEstate.net. The office

Allegra Anderson Photography

Exit Black Rock

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Leese Schipani, **KardasLarson LLC**

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can be reached by calling 860-548-1000 or sending an email to info@nhalaw.net

Employees at **Smith Brothers** Insurance supported 35 children in need and raised about $7,000 for the 2016 Holiday Bear Project through the Connecticut Education Foundation. This is the 10th year that the company's employees donated time and money for this annual program for public school children in Connecticut.

Whole Foods Markets here and in West Hartford raised more than $15,000 for The Village for Families & Children. About one third of that amount was used to buy 1,000 Melissa & Doug toys to support the group's annual toy drive.

Cronin and Company, LLC, a local marketing and communications agengy, donated nearly 3,000 items of non-perishable food to Foodshare as part of its "Feed the Need" program. The agency also contributed $500.

The Connecticut River Valley Chamber of Commerce celebrated a ribbon-cutting at **Empowered Indoor Cycling Studio**, 345 New London Turnpike, Suite 1A.

The Connecticut River Valley Chamber of Commerce celebrated a ribbon-cutting at **Exit Black Rock**, 154 Naubuc Ave.

The Connecticut River Valley Chamber of Commerce celebrated a ribbon-cutting at **Allegra Anderson Photography,** 891 Main St. in South Glastonbury. GL

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People Notes

Prairwaa Madden, a student at Kingswood Oxford won first place in the Danbury 15th Annual Student Concerto Competition and received an invitation to perform with the Danbury Symphony in January. She also has received a one-year scholarship to study at the Hartt School Community Division at the University of Hartford and won the Connecticut Youth Symphony Concerto competition and will play with the symphony in March.

Susan Davies Sit will present a seminar on Welsh family history sponsored by the Welsh-American Genealogical Society in East Poultney, Vt., in May. Registrations for the May 6 event are being accepted.

Jennie and Tomasz Nietupski welcomed a new baby, **Lucy Lynn Nietupski**, who was born at St. Francis Hospital and Medical Center December 30. Her grandparents are vinvent and Stephanie Bernardo of Ledyard and Mieczyslaw Nietupski of Glastonbury.

Kamryn Giliberto, Aneesh Khilnani and **Grace Gardner** have been named honor athletes for the fall at Watkinson School. The distinction is given to students who earn a varsity letter and achieve high honors for a sports season.

Charlie Coxon, a student at Kingswood Oxford, has been selected to participate in the Connecticut Music Educators' Association's Northern Regional High School Festival. He is eligible to audition for the association's All-State festival that will take place at the end of March.

Rich Rapp and **Donna Finocchiaro,** members of the Glastonbury Rotary Club, were among a group of 11 Rotarians from the region to graduate from the Rotary Leadership Program.

Sam March, a student at Kingswood Oxford, has been named All-New England for her outstanding soccer performance. She has played on the school's varsity soccer team for tour years and was the team's leading scorer for the past three seasons.

Rachna Khanna, a student at Western New England University School of Law, was part of a team that was awarded third place in a two-day competition at the University of Connecticut School of Law. GL

Kamryn Giliberto, Aneesh Khilnani and **Grace Gardner**

Charlie Coxon

Lucy Lynn Nietupski

Rich Rapp and **Donna Finocchiaro**

Prairwaa Madden

Susan Davies Sit

Sam March

Student of the month

Congratulations to Ari Poliner, Glastonbury LIFE's Student of the Month.

Ari is a student in the Life Skills classes and a member of team Apollo and the Unified Theater pro gram at Smith Middle School and has impressed his teachers with this kindness, his enthusiasm, and his energy.

"Ari is charismatic, witty but above all caring," said Scott Hollister, a special education teacher. "He is the type of student who walks into a room and everyone stops and says 'Ari' and smiles. His humor is good in nature and he enters class with a 'good morning, how are you?' for his teachers and a thank you when class is dismissed. He truly is a class act."

Health and physical education teacher James Wawruck said he loves having Ari in his class. "He is witty, enthusiastic and a kind soul. He puts a smile on my face every time he says 'hi' to me," he said.

"Ari's enthusiasm and energy are contagious to all around him," said Kelly Trenholm, another health and physical education teacher. "Ari cares deeply for others and often encourages others to do more than they believe they can do. He inspires others."

Susan Lewis, a family and consumer science teacher, called him "a special young man." She continued, "He comes to my Foods classroom with a huge smile on his face, eager and upbeat to participate in all activities, no matter what the lesson. His positive attitude and warm personality are an absolute delight. He routinely does more than is required, has a very special way of working with his fellow students. His team members enjoy him so much. He is a great team player and puts forth his best effort every day."

"Ari is the consummate showman," said Beth Petritus, his science teacher. "He is a lovable, good natured guy with a great sense of humor. He is quick with a joke and even quicker with a smile. He is the first person to volunteer to lend a helping hand. He will hand out papers and organize materials with a smile."

Courtesy photo

Ari Poliner

School Principal Donna Schilke added, "Ari is the unofficial ambassador of SMS. I call him our mayor. He has a ready smile for all, staff and visitors alike. Eeveryone knows Ari and everyone wants to be his friend. People gravitate naturally to Ari. Ari brings kindness to all and brightens the day for anyone he comes into contact with. Respected, admired and appreciated by students and staff, Ari is the perfect choice for Smith Middle School Student of the Month." **GL**

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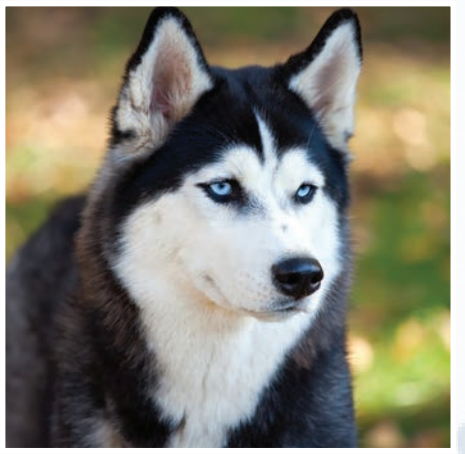

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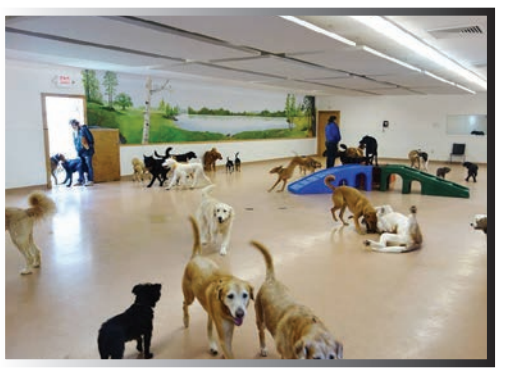

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Note from Nancy

Searching for my roots

My grandmother, Mary Ann "Annie" Woollard, with her brother Harry Beazley on one of his visits from Halifax.

My mother's family arrived in the U.S. by train and are on this list.

In my first column in this spot, a little more than three years ago, I described my search to prove that I was a U.S. citizen since my passport had expired and the good folks at TurleyCT Community Publications needed something more official than my kindergarten report card to keep the feds happy about hiring me.

Poking through those family records triggered something new and different, and lately I've been digging through the dirt looking for my roots. I admit it: I'm hooked.

My ancestors on my father's side came from England (Hall) and Germany (Ashe). I've no doubt that's why I feel so at home when I visit our English friends, and also why I cannot resist sauerkraut and any food that combines sweet and salty flavors.

Other than that, and the fact that my grandfather was a state senator and once ran for mayor of Meriden, I know nothing about those branches of the family tree, but I'll probably try to climb them at some point.

The family history that intrigues me – and has been consuming a lot of my free time lately – is my mother's, probably because it gets interesting much more quickly.

I knew when I was a kid that we had relatives in Canada and that my mother was born in Halifax, Nova Scotia. The Canadian branch – my grandmother's brother and his family – would visit us every few years. They were quite exotic, talking about driving to our "hoose" in their exotic car that looked like a Pontiac but was called a Parisienne instead of a Bonneville.

One day I signed up for the free trial on a popular ancestry website and found the official "Manifest of alien passengers applying for admission" from the train that brought the Woollard family to the U.S. in 1918. There, in flowery early-20th century handwriting, were my grandparents, an uncle, two aunts – and my mother.

The fact that our daughter is married to a wonderful guy from Prince Edward Island has made this even more interesting. Not only are there Canadians in my past, but now there's a Canadian son-in-law and two slightly more than half-Canadian granddaughters.

I contacted the city clerk in Meriden, where my mother's family settled, to ask if they might have any records about their arrival in the country, since they moved there right away. They didn't, but they referred me to the National Archives Northeast Region in Boston, which maintains naturalization records.

I emailed them and heard back from an archives technician there who asked for my mother's birth and death dates and a few other statistics. Within days, he responded, saying he'd found a naturalization record for my grandfather in 1924. I sent them a check and received photocopies of three documents that blew some holes in the traditional family narrative.

For starters, my grandmother, maiden name Beazley, was not born in Ireland as she'd always claimed, but in Halifax. So much for the idea that I was tracing my ancestors' footsteps when I visited Ireland a few years ago. Oh yeah – and she was born on March 18, not on St. Patrick's Day. More blarney, I guess.

I also learned that my grandfather came to the U.S. in 1918, a few months after my mother was born, apparently to find work and a place to live, before returning to Canada and then taking that train to the U.S. with the family a couple of weeks later.

And the naturalization certificate for my grandmother, which I found online, shows that her first name was Mary, not Ann, which is what everyone called her. She's even listed as "Annie" in that railroad manifest, in Meriden's 1940 census and on my grandfather's naturalization records.

Now it's time to poke around the Halifax branch and see what falls from that tree.

– *Nancy Thompson*

February 2017

& health wellness

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Healthy Living

Medical myths

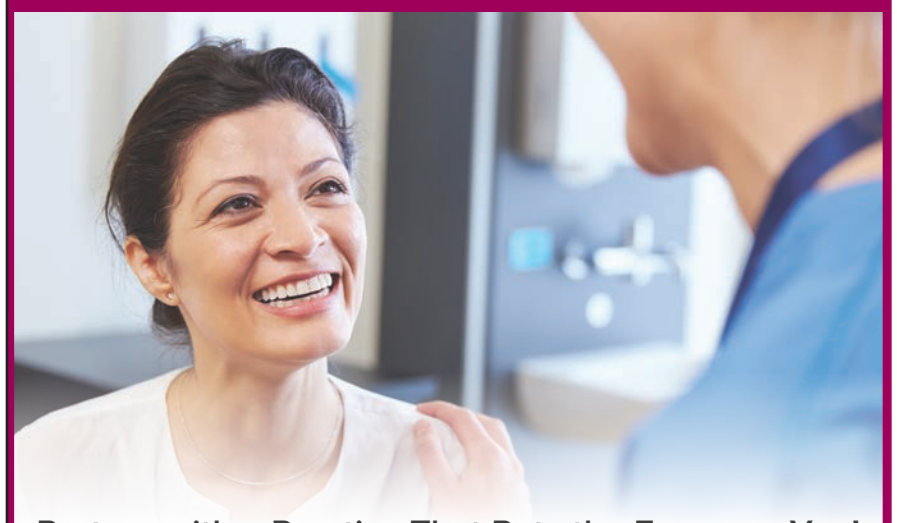
Health professionals set the record straight

by Lynn Woike
LIFE Staff

Health myths, misinformation, half-truths and old wives' tales continue to dictate our choices and behaviors. Casual research around the Internet can leave you confused, so we turned to local experts to set the record straight.

Static stretching has little benefit before a workout and may even reduce performance.

Focus On Your Health In 2017



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Healthy Living

MYTH: Stretching before exercise reduces the risk of injury.

TRUTH: Boguslawa Badon, licensed physical therapist and owner of Farmington Valley Physical Therapy, said many of her clients feel that pre-exercise stretching will reduce the risk of injury through improvements in range of motion, decreased muscle stiffness and increased blood flow. However, none of that is true.

"Traditional stretching, where you hold a pose with your body in such a way so that you feel a pull on your connective tissue or muscles, is called static stretching. Many people will stretch their hamstrings and quads before a run, or arms and shoulders before swimming or tennis. The truth is, you're probably not doing much for your workout and might even be reducing your strength, power and performance," she said.

Studies have concluded that stretching does not affect the incidence of overuse injuries, nor does it reduce the muscle soreness that can come a day or two after having done too much. In addition, Badon said, static stretching could actually reduce strength and power between 5 percent and 30 percent.

To prepare for exercise, she recommends a gradual aerobic warmup that includes dynamic stretching for sports that require more range of motion.

"Static stretching is better as part of cool down and recovery when reducing muscle tension and elasticity makes more sense and you won't be immediately relying on your muscles to generate power," she said.

Static stretching as well as exercise systems that emphasize eccentric muscle strengthening like Pilates, Somatic Movement, Gyrotonic or Yoga, all are beneficial as part of a well-rounded fitness regimen to help maintain a strong, flexible, coordinated body.

MYTH: Weight loss is just calories in vs. calories out.

TRUTH: While weight loss advice is often pared down to sayings such as "You have to burn more calories than you eat to lose weight," Renee Bordeaux, owner of Bordeaux Nutrition in Newington, said, "Most people who are overweight actually don't consume enough calories."

Most people, she explained, will lose some weight by cutting back moderately on calories, but that's not the whole story.

"If you cut back too much, your body thinks you are starving, causing it to burn even less calories, making weight loss more difficult."

She recommends eating high-quality foods including lean meats, fresh fruits and vegetables to fuel your metabolism throughout the day.

"That way, the body will feel it is receiving enough calories and will shed excess fat."

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Healthy Living

MYTH: Cracking your knuckles will lead to arthritis.

TRUTH: "According to Western Journal of Medicine, a study was conducted on 28 patients of a senior citizen home who were able to recall knuckle cracking as a child or even now, and those who did not. Each patient was asked to demonstrate how they cracked their knuckle, and their hands were examined clinically with X-rays.

Out of the 14 patients who cracked their knuckles, only one had a clinically diagnosed case of osteoarthritis and out of the 14 who were not knuckle crackers, eight patients had diagnosed cases of osteoarthritis," said Dr. Bradley Visconti of Back to Motion Rehab and Fitness in Newington.

There were no major differences between those who did and didn't crack their knuckles, disproving the theory, he said.

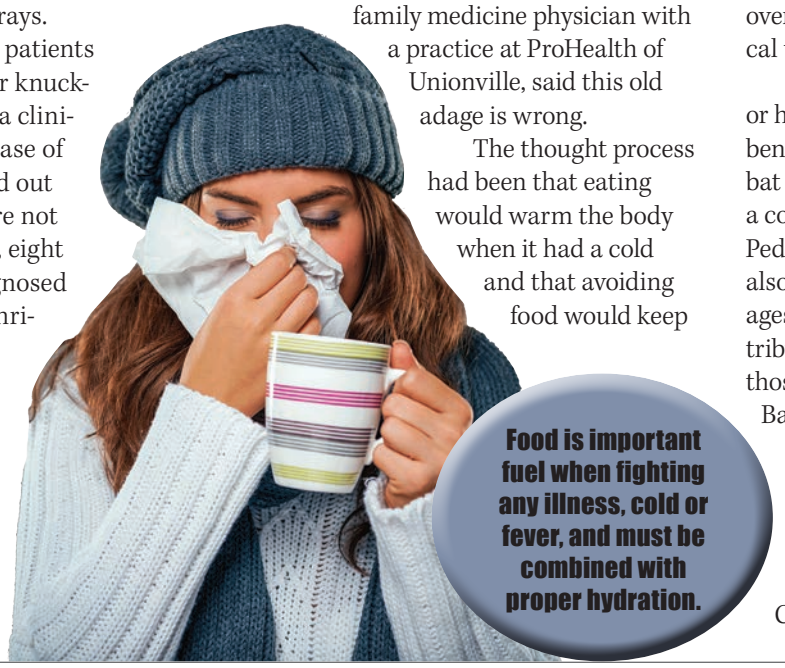
As for the sound made when knuckles are "cracked," Visconti said it is the release of synovial gases and fluid between the joints being manipulated.

MYTH: Feed a cold, starve a fever.

TRUTH: Dr. Lakshmi Babu, a family medicine physician with a practice at ProHealth of Unionville, said this old adage is wrong.

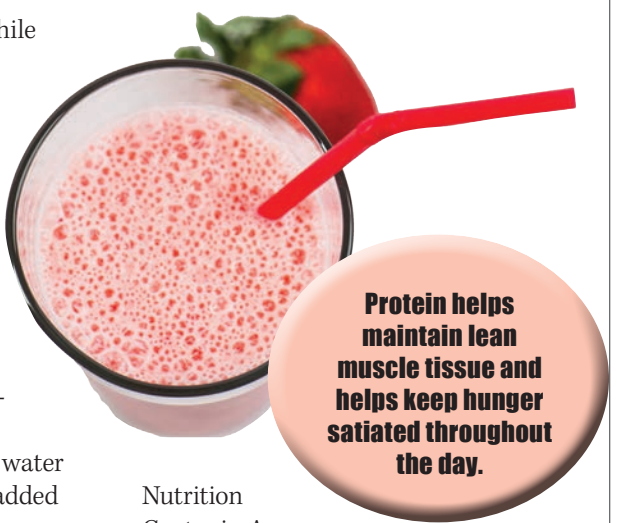
The thought process had been that eating would warm the body when it had a cold and that avoiding food would keep it from getting more heated while experiencing a fever.

"Recent medical science has said that we really should feed a cold and feed a fever, because food is fuel and when we're fighting an illness, we need healthy food," she said, adding that while it's important to eat without overeating, it's even more critical to stay hydrated.



Food is important fuel when fighting any illness, cold or fever, and must be combined with proper hydration.

The best thing to drink is water or herbal tea. Hot tea has the added benefit of a vapor that can help combat dry nasal passages when you have a cold. Fluids such as Gatorade or Pedialyte that replace electrolytes are also fine. Alcohol or caffeinated beverages are not good because they contribute to dehydration, "so avoiding those would be a good thing," Babu said.



Protein helps maintain lean muscle tissue and helps keep hunger satiated throughout the day.

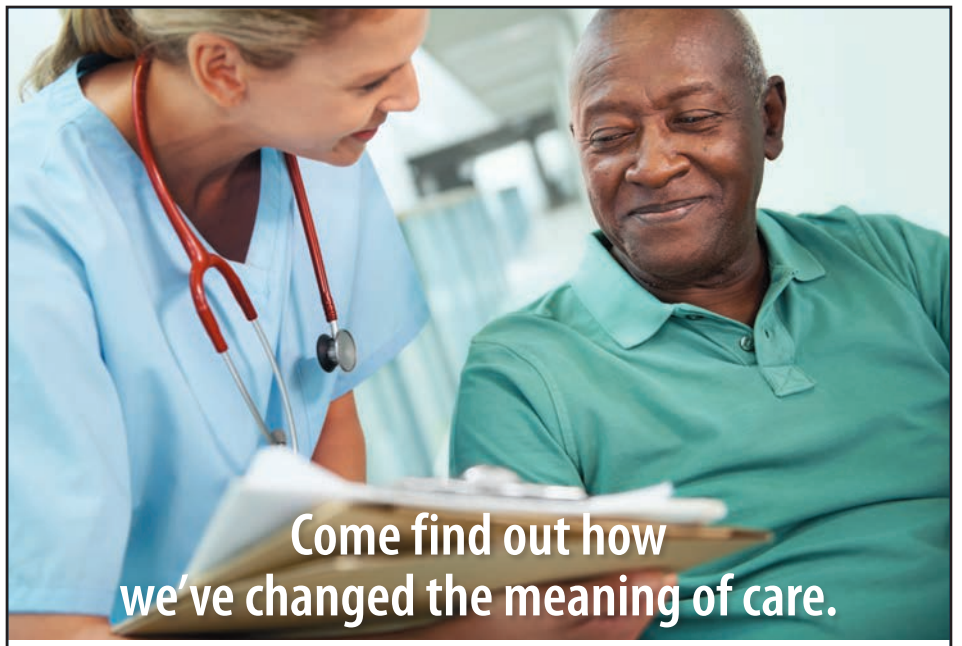
MYTH: Protein shakes will add muscle and make you bulky

TRUTH: Protein is necessary for a healthy, strong physique, said Corey Vincent of American Nutrition Center in Avon.

"While protein is the building block for muscle tissue, eating protein and drinking shakes will not make you bulky. Protein will help maintain lean muscle tissue, keep you strong for daily activities and help keep you satisfied throughout the day," he said.

Active individuals should have protein from healthy sources at all meals.

"Protein shakes are an alternative when not enough protein is taken in through food," Vincent said. **GL**



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Healthy Living

When the pain won't quit

Headache center receives major grant

by Mara Dresner
Staff Writer

Dr. Brian Grosberg, director of the Hartford HealthCare Headache Program, was awarded the first-ever Migraine Research Foundation "Impact" Award, which he shares with Harvard Medical School's Dr. Rami Burstein.

This $250,000 grant, announced in the fall, will fund research on status migrainosus, a severe form of migraine that lasts longer than three days.

Grosberg spoke to the LIFE papers about migraines and his hopes for the headache center, which has multiple locations, including West Hartford and Wethersfield.

Q. What's a migraine?

A. A migraine is a neurologic condition; it's not just a headache. Nearly 36 million people suffer from migraine, more women than men. It's characterized by a moderate to severe headache, which can often be associated with hypersensitivity to light or sound, and can sometimes be accompanied by

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Dr. Yannopoulos joins John Mara, MD, Robert McAllister, MD and Randall Risinger, MD of Hartford Orthopedic Surgeons and is welcoming new patients at this time. To arrange a consultation, please call us at 860-525-4469.

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Healthy Living

nausea and/or vomiting. A migraine typically lasts four hours, up to three days if it's untreated or unsuccessfully treated. And for 20- to 25-percent of people with migraine there is an aura present.

Q. How did your interest in migraine develop?

A. Serendipity. In the first year of my neurology residency, I took care of a woman who is a litigator. She was out of work for almost a month for debilitating migraines. She was hospitalized and, after several days, she was completely pain free [when she was discharged]. I said to myself, "This is amazing." It turns out the person who admitted her to the hospital was the director of the Montefiore Headache Center. We got to talking and he took me under his wing. The rest is history. I'm a migraine sufferer, but that's not the main the reason I went into it. It really was serendipity.

Q. Tell me about the Hartford HealthCare Headache Center.

A. Our goal is to build something that's not being done across the country, a headache program across the entire health care system from scratch. In another 3 and 1/2 to four years, it will be the largest, most comprehensive headache program in the country.

Our vision is to build a nationally renowned program. To do that, we're an academic headache program. We're not only providing the highest quality of care, we're training future leaders in headache medicine and advancing clinical care in headache medicine.

There are three arms to building a nationally renowned program. First is delivering personalized, high-quality headache care. If you look at the stats of the program, nearly 15 percent of patients are traveling from out of the State of Connecticut already. We're seeing patients from 150 towns across Connecticut.

That's really a testament of the people I work with. One patient likened it to the TV show "Cheers," where everybody knows your name. It's how patient-centered, how friendly the office staff is. That's the team of people I'm fortunate to have work with me.

The next arm is to train the future leaders in headache medicine, ... and the third arm of the program is advanced clinical research: What are the cutting-edge techniques, the devices, the treatment, the research that can help make an impact in the real world?

Q. What is status migrainosus and why is the grant important?

A. [People] can have a migraine for a week; they can have a migraine for a month; they can have a migraine for three months. It's a more severe migraine. For this subset of patients, and there are probably millions of sufferers worldwide, it's debilitating. Sometimes they don't break on their own, and what do they do then?

When we think of research, we think of "evidence-based research," randomized, double-blind controlled trials, without the physician knowing, without the patient knowing. The challenge becomes how well does the evidence from a trial apply to the care of an individual patient? For the results to be statistically valid, we have to get hundreds of thousands [of patients].

The challenge becomes because there are extensive inclusion/exclusion [criteria] – patients who are too old, too young, people whose histories are too complex – these are the patients typically visiting the headache center. This is to whom individualized medicine can provide the most appropriate answers. How do we tailor treatments to individual patients?

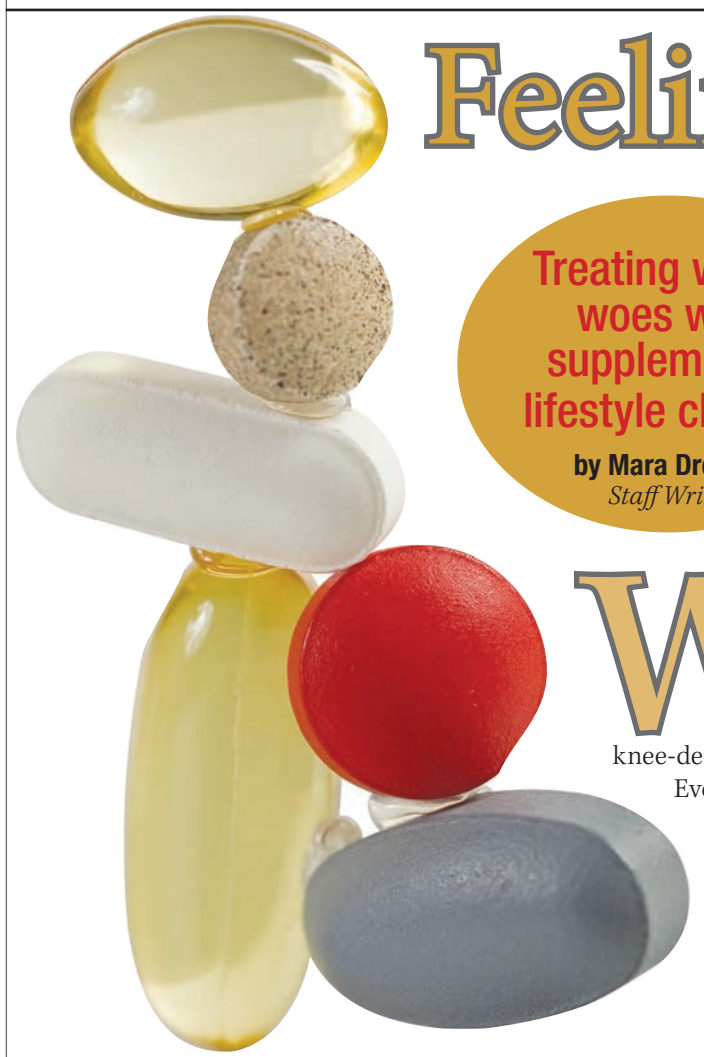
What we're doing is to determine whether it's possible to identify individual patients who are clear responders to certain treatments and then find common denominators that are absent to individual patients who don't respond to the same treatments and vice versa. We're going to profile people who clearly respond to treatments and people who clearly don't respond and determine the attributes that show why and how somebody responds to treatment.

Grosberg, director of the Hartford HealthCare Headache Program, has been awarded the first-ever Migraine Research Foundation "Impact" Award. This $250,000 grant will fund research on status migrainosus, a severe form of migraine.

Let's say someone comes to my office and has had status migrainosus for a week. I can use one of four or five treatments. If I'm able to get the right treatment for that individual right away, it saves them. I've nailed it the first thing and I take that information and publish it. Now you disseminate this information to hundreds of thousands of providers worldwide and you've impacted millions of sufferers. It's not been done anywhere in the world. The grant from the Migraine Research Foundation is the first of its kind ever. It's probably one of the most exciting things happening in migraine in the country, if not the world. **GL**

Learn more at hartfordhealthcare.org/services/headache-center.

Feeling better, naturally



Treating winter woes with supplements, lifestyle choices

by Mara Dresner
Staff Writer

Winter is in full swing and that means that we're knee-deep in seasonal woes. Even those of us who stay healthy the rest of the year often find ourselves down and out by the time February rolls around. And just because an ailment is common doesn't mean it can't make you miserable.

While there are times when reaching for a traditional cure is appropriate and necessary, some folks like to give more natural remedies a try. We spoke to some health-care experts to see what they recommend to prevent and treat some common maladies. Please remember that everyone is different and that no advice is one size fits all. Check with your own health care provider to make sure a supplement is safe for you, especially if you have existing medical conditions or are taking other supplements or medications.

Cough and cold

"Cold viruses run rampant this time of year. To avoid getting one, boost your immune system now with a healthy diet. High sugar and processed foods tend to weaken the immune system.

Gear your diet toward lean proteins, fruits and vegetables to reduce processed foods and boost antioxidants in the body," Renée J. Bordeaux, a registered dietitian, Certified dietitian-nutritionist and certified personal trainer, owner and president of Bordeaux Nutrition in Newington, recommended.

If you do feel a cold coming on, Bordeaux suggests adding a few supplements.

"Try extra vitamin C, a natural antioxidant found abundantly in

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Healthy Living

citrus fruits and bell peppers. It takes a lot of oranges to boost your C levels. Try supplementing with up to 2,000 mg daily," she said. "Also try Quercetin, which helps decrease the histamine reaction that is responsible for symptoms like a stuffy and runny nose. It is naturally found in foods like apples and cruciferous veggies, but can also be supplemented with up to 750 mg daily."

Sometimes, it's just a cough that's giving you trouble.

"I find anything [like] citrus fruits really helps break up a cough. So I eat lots of oranges and grapefruits or add lemon juice to some hot water or herbal tea first thing in the morning to soothe a cough," Christina Baribault-Ortiz, a healthy lifestyle coach from Glastonbury, said.

She also recommends generally supporting your immune system.

"Organic raw chlorella powder derived from green plants have enough nutrients to kick any cough when consumed regularly," she noted. "It's very strong, so I recommend adding a small amount – 1 teaspoon – to a smoothie or stir into some orange juice to start. Work this into your regimen regularly and when you do get that inevitable cough/cold, it won't last as long."

Winter blues

Shorter days can often bring on an attack of the winter blues.

Christine Louden, ND, of The Connecticut Center for Health in West Hartford, noted that her practice integrates supplements, herbal medicine and lifestyle approaches.

"Fatigue can be a symptom of illness, and individuals should consult their physician to rule out any underlying medical condition. Seasonal affective disorder can be mild or severe, and if symptoms of depression are severe or interfere with daily life the individual should consult a physician," she noted.

She makes these recommendations for healthy adults on no medications.

"Many people who feel low energy in the winter are responding to the reduced exposure to light. My patients find significant benefit using a 'happy light.' Light therapy can lift mood and energy. In addition, it is one of the best methods for restoring normal sleep patterns. Special lights providing white light – not blue light, which can cause macular degeneration – can be purchased and should provide 10,000 lux at 12 inches or more," she explained.

The dose is 30 minutes of light in the morning.

"Good quality and quantity of sleep is crucial for good energy and mood. We cannot expect to feel energized and happy if we skimp on sleep. I tell my patients to aim for eight hours a night. If a patient is having trouble falling asleep, the light therapy can restore normal patterns. The second option is melatonin. People with SAD have an abnormal melatonin pattern. I often use 1 to 3 mg given at bedtime to restore the sleep pattern," she said.

Melatonin can cause excessive dreaming or nightmares in some individuals. Magnesium can also help patients with insomnia and fatigue.

"In my patient population, magnesium deficiency is common. The best food sources are leafy greens such as spinach and kale. Almonds are a good source as well. To supplement with magnesium I recommend 200 to 400 mg of magnesium, glycinate if the patient is prone to anxiety, or citrate if the patient tends toward constipation.

Louden said that even something as basic as breathing can make a difference in how a patient feels.

"Pranayama or breath exercise is a simple, effective way to increase energy and alertness and lift mood. It can be done throughout the day. I encourage my patients to use this at work if they suffer an afternoon slump. Many of my patients sneak away to a bathroom stall and practice this."

She also recommends aromatherapy to help with mood.

"Studies show aromatherapy can have a profound influence on mood, and I recommend aromatherapy for anxiety and depression," Louden said.

"A diffuser is the best way to use essential oils, but for energy on the go, my patients will place two to three drops on a cotton handkerchief and inhale the scent as they drive to work." **GL**

February calendar

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

1 Through February 25: Our Natural World: Photography Exhibit & Sale, Tuesday through Saturday 1 to 5 p.m., Connecticut Audubon Society, 1361 Main St. $3.

4 The Hot Flashes in concert, 7:30 p.m., CT Audubon Center, 1361 Main Street. $20 general public, $15 society members. Children younger than 12 are half price. Reservations recommended. 860-633-8402 or ctaudubon.org. Rescheduled from January 7.

5 SuperbOWL, 2 to 3 p.m., CT Audubon Society Center, 1361 Main St. $8 members, $10 non-members, half price for children younger than 12. 860-633-8402 or ctaudubon.org. Pre-registration preferred.

Author Jean Baur talks about her book, "Joy Unleashed: The Story of Bella, the Unlikely Therapy Dog," 2 p.m., Welles Turner Memorial Library Friends Room, 2407 Main St., 860-652-7720 or wtmlib.com. Reservations required.

6 An inside look at book publishing, 7 p.m., Welles Turner Memorial Library Friends Room, 2407 Main St., 860-652-7720 or wtmlib.com. Reservations required. Snow date February 7.

7 Town plan and zoning commission, 7 p.m., town hall council chambers, 2155 Main St. glastonbury-ct.gov.

Monthly book discussion: The Black Count: Glory, Revolution, Betrayal and the Real Count of Monte Cristo by Tom Reiss, 7 p.m. Welles Turner Memorial Library, 2407 Main St., 860-652-7720 or wtmlib.com. No reservations needed.

9 Lecture and demonstration of OverDrive APP for eBooks, audiobooks and more, 3 p.m., Welles Turner Memorial Library Friends Room, 2407 Main St., 860-652-7720 or wtmlib.com. Reservations requested.

10 Owl Prowl, 7 to 8 p.m., Earle Park, CT Audubon Society Center, 1361 Main St. $8 members, $10 non-members, half price for children younger than 12. 860-633-8402 or ctaudubon.org. Pre-registration preferred.

11 Genealogy group sponsored by the Welsh Society of Western New England, 10 a.m. to 5 p.m. Participants are asked to bring their Welsh family tree and a lunch dish to share. The group will take a break at 11:45 a.m. to watch Wales play England in rugby. $5 donation to the streaming fee. Reserve a spot by sending an email to WelshWNE@gmail.com. Directions will be forwarded at that time. Participants can take part in one or both events.

13 Board of education, 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

14 Town council, 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

21 Super Circus Skills, 11 a.m., Smith School auditorium. No charge. 860-652-7679 or recreation@glastonbury-ct.gov.

Email I hands-on workshop, 3 p.m., Riverfront Community Center computer lab, 300 Welles St., 860-652-7720 or wtmlib.com. Reservations required.

23 Jeremy Pressman discusses options for solving the Israeli-Palestinian conflict, 6:30 p.m., Welles-Turner Memorial Library's Friends Room. Reservations required. 860-652-7720 or wtmlib.com.

25 Rugby: Wales plays Scotland, viewing sponsored by the Welsh Society of Western New England, 9:25 a.m. $5 donation to streaming fee. Reserve a spot by sending an email to WelshWNE@gmail.com. Directions will be forwarded at that time.

Kids' book sale, 9:30 a.m. to 12:30 p.m., Welles Turner Memorial Library Friends Room, 2407 Main St. Donations welcome. To learn more, call Kelley Rodino or Wahiba Benkousa at 860-652-7728.

26 Snowshoe walk sponsored by the Land Heritage Coalition, 1 p.m., J.B. Williams Park.

Program about the Connecticut Civilian Conservation Corps featuring author and historian Marty Podskoch, 2 p.m., Welles Turner Memorial Library, 2407 Main St., 860-652-7720 or wtmlib.com. Seating is limited so reservations required.

27 Board of education, 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

David K. Leff talks about Frederick Law Olmsted in Connecticut, 7 p.m., Welles Turner Memorial Library, 2407 Main St., 860-652-7720 or wtmlib.com. Seating is limited. Reservations required.

28 Town council, 6 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

Bring Your Own Craft, a new program, 6:30 p.m., Welles Turner Memorial Library, 2407 Main St. 860-652-7720 or wtmlib.com. Adults only. Group will meet monthly on the fourth Tuesday.

Slice of LIFE

photos by Brian Ambrose

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Kids' Concert

PBS performer Mr. Steve (also known as Steve Songs), drew an enthusiastic crowd during a recent performance.

1. Colin Hamilton is having a blast. **2.** Audry Flynn and Emily O'Connor dance in their seats. **3.** Michael and Julia Hartnett and Caroline Howarth are excited and off to see the show. **4.** May Cavanagh dances to the song Bubbles. **5.** The crowd is getting wild!: **6.** Eli Szwez helps Mr. Steve with The Reading Rocks song. **7.** Aleah Bryant and Anna Rawson just have to dance. **8.** The kids dance to Little Drops. **9.** Rory and Seamus Harrington dance in the aisles. **10.** Everyone has their hands up for Flying G. **11.** Mr. Steve and his fans dance on stage. **12.** The kids sing along with Mr. Steve and Chris Listori on guitar in the background. **13.** Josh Roslonek plays his violin. **14.** Kaitlin Rasmussen and her brother Thomas have been fans of Mr. Steve for years. **15.** Mr. Steve gets his fans excited.

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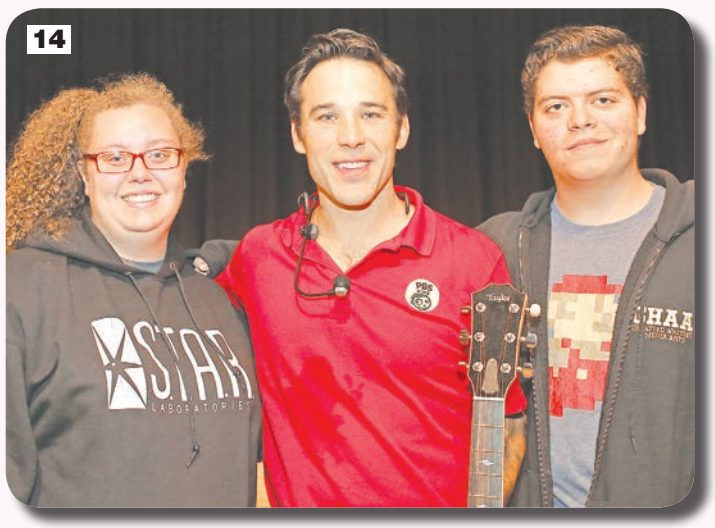

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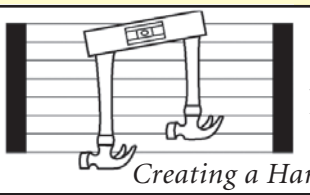

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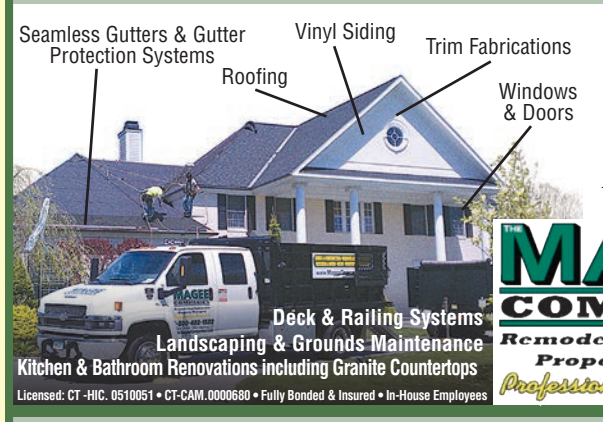

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BY MARK DIXON
WFSB METEOROLOGIST [AMS]

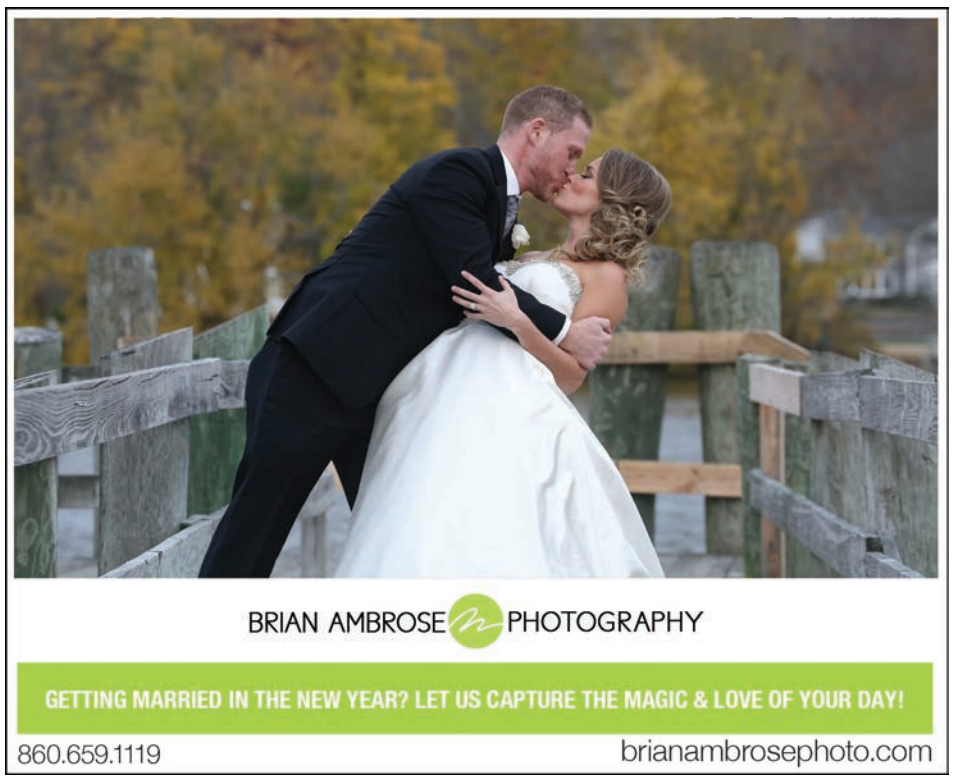
Fog in the winter

Freezing Fog, also known as Ice Fog, is something we have to contend with at times, here in Connecticut. But what exactly is it?

Well first, and most basically, let's examine 'fog'... it can form in a variety of ways. Often it develops on a night with a clear sky and a calm wind – this is radiation fog – when the Earth cools to a temperature that water vapor condenses as the temperature gets close to, or meets the dew point (the air becomes saturated). Also, there is 'advection' fog... when warm, moist air moves over a colder surface, such as snow (this can happen even when there is wind), or even the colder water of Long Island Sound. Water droplets suspended in the air, reduce visibility – when dense, it could drop to less than a quarter of a mile, greatly impacting travel.

So next, to qualify as 'freezing' fog – it's all about the surface temperature. When it is below freezing (32 degrees Fahrenheit), those water droplets that make up fog freeze on contact. As this happens, untreated surfaces can become very slick, especially those surfaces that are elevated, like bridges and overpasses.

This month's article was in response to a reader/viewer's inquiry. If you have a suggestion for a topic to be addressed, or a question - send me an email: mdixon@wfsb.com. **GL**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32 JONATHAN TRAIL

Glastonbury $698,900

18 MENLO PLACE

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1378 MAIN STREET

Glastonbury $329,800

55 MARLBOROUGH DRIVE

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4 ADENA'S WALK

Glastonbury $464,810

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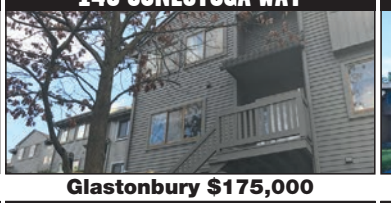

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54 HOLLISTER WAY

Glastonbury $170,000

348 NEIPSIC ROAD

Glastonbury $264,900

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